

Portugal's National Newspaper in English

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Sócrates 'honoured' to be Portuguese Blair
Portugal's Prime Minister has said this week he feels honoured when people describe him as being "The Portuguese Tony Blair". José Sócrates made these comments in an interview published over the weekend by French magazine *Le Point*. (See Page 3)

German serial killer a suspect here

A 48-year-old German lorry driver, who is thought to be responsible for the murder of 19 women in various European countries, may also be responsible for a number of unresolved murders that have occurred in Portugal, police revealed this week. (See Page 4)

Portuguese among EU's most miserable

Portuguese people are some of the unhappiest in the old 15 European Union member states, according to the findings of a survey published last week. (See Page 5)

Immigrant deportations up 33%

The number of foreigners expelled from Portugal during 2006 rose by 33 percent in relation to the previous year, latest figures have revealed. Similarly, the number of foreigners who left the country voluntarily rose by 66 percent. (See Page 2)

Weekend weather

Lisbon: Saturday: Light Rain, high of 21°
Sunday: Partly Cloudy, High of 23°. **Faro:** Saturday: Light Rain, high of 21° **Sunday:** Sunny, High of 22°
Oporto: Saturday: Morning Showers, High of 19° **Sunday:** Scattered Showers, High of 21°.



While bad debt rises by €3.2m a day, the amounts owed to banks has doubled in just 7 years

DEBT DOUBLES

Financial institutions in Portugal have increased their grip on national consumers to an extent where three quarters of wealth created each year is now used to pay off debt to banks. The latest quarterly figures on debt in Portugal have meanwhile raised concerns among consumer groups anticipating that Portuguese are set to become even more indebted in coming months. In a related story, it emerged this week that complaints directed at banks also almost doubled in 2006, seeing banks rated the third-most unpopular institutions by consumers. **Debt, see p.44**

Portugal celebrates 33 years of democracy



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Sócrates 'honoured' to be compared with Blair

Portugal's Prime Minister has said this week he feels honoured when people describe him as being "The Portuguese Tony Blair". José Sócrates made these comments in an interview published over the weekend by French magazine *Le Point*.

Arguing that Tony Blair implemented "considerable" changes and reforms in Britain, Portugal's Prime Minister adds: "I assume this comparison and I take it as a compliment."

"In his years of power, Tony Blair has carried out considerable change in his country" Mr Sócrates told the French magazine.

Later in the interview, when questioned over his political orientation, the Prime Minister says his inspiration for national reforms "are not so much borrowed from the United Kingdom, but rather from Nordic countries, especially Sweden".

He also refuted the idea that his cabinet has moved away from its leftist values enshrined by the socialist party he leads, saying his government has implemented parity laws, medically assisted procreation and called a referendum on abortion which legalisation it supported.

When asked how he has managed to maintain relatively high levels of popularity, despite announcing a number of unpopular reforms, José Sócrates answered: "It is without a doubt a miracle. But I believe Portuguese understand the necessity for reforms".



General Secretary of the Socialist Party, José Sócrates greeting one of his supporters during the Party's annual dinner on April 19th at the Congress Centre in Lisbon. (Photo: João Relvas/Lusa)

German company lays claim to PM's car

The Council of Ministers has this week admitted that it uses a car seized by PJ detectives from a Portuguese businessman in 2004, who was arrested on the suspicion of drug trafficking.

The state assumed ownership of the vehicle in 2004, while the suspect was still in

preventative custody.

The car in question, a BMW 745i valued at well over €100,000, is regularly used by the Prime Minister on official business, but it appears that he might now have to look for a different ride.

Revelations made this week by *Expresso* indicate that car was purchased under a lease agree-

ment in Germany from GmbH. But its owner failed to pay any instalments, which resulted in the company issuing a repossession order.

The government has since said that only once GmbH has worked through the red tape that awaits it here in Portugal, will it be able to retrieve the vehicle.

More dangerous goods being removed from Portugal's shops



During 2006, hundreds of products were removed from the shelves of Portugal's shops because they posed a health risk to consumers and in some cases were life threatening, according to data published Monday.

But Portugal was not alone in having to cope with the problem. British, Spanish, French and German consumers were also exposed to dangerous products that were on sale in many supermarkets, pharmacies and corner shops, the European Commission said in a statement.

A Commission spokeswoman told journalists in Brussels that 2006 had seen a rapid rise in the number of dangerous goods withdrawn from sales outlets across western Europe.

She said that the increase is seen in Brussels as proof that the European Union-wide alert system is now working better to protect consumers.

The number of dangerous items reported and subsequently banned from sale is estimated to have doubled between 2004 and 2006.

In a warning to parents, the spokeswoman pointed out that

toys now represent the largest category of hazardous goods on sale. About half of all goods withdrawn from sale are believed to be imports from China, including cigarette lighters in the form of children's toys.

Examples posted on the website of the EU's rapid alert system, Rapex, include teddy bears, which children could take apart and choke on "the inside filling fibres, or suffer cuts from a sharp internal part".

Mini-motorbikes with poorly guarded drive chains and badly insulated wiring next to the fuel tank were also singled out by Rapex as being highly dangerous.

A number of counterfeit Superman toys containing paint with an extremely high lead content were impounded by EU inspectors towards the end of last year.

Even some beauty products fell under the eagle eye of the Rapex agency, including a skin

cream-gel containing a dangerous fungus.

"The increase in products withdrawn shows there is better surveillance and better enforcement, not necessarily that there are more unsafe toys on sale," the Commission's spokeswoman said.

Another factor is that countries which joined the European Union in 2004 are now notifying Rapex about unsafe products on sale in their markets.

"Some of them had no controls at all in the past and are only now getting to grips with the problem," the spokeswoman pointed out.

She said that China was cooperating with the EU by revoking export licences for some hazardous goods, but warned that EU member states must remain on their guard in protecting consumers from health threatening products.





The National Professional Fire-fighter's Association (ANBP) said that the Marquês de Pombal tunnel, which is now open, lacks a number of 'indispensable' safety precautions. (Photo: Silvia Santos / Lusa)

Marquês Tunnel opens despite firemen's warnings



Despite being warned by the National Professional Fire-fighter's Association (ANBP) that the infrastructure lacks a number of 'indispensable' safety precautions, Lisbon Mayor Carmona Rodrigues stood by his decision to inaugurate the Marquês tunnel on Wednesday April 25th, more than two years after its original opening date.

Since the beginning of its construction the tunnel has been the subject of much controversy as well as frequent setbacks.

This latest black cloud came after an inspection of the tunnel was carried out by the ANBP, who subsequently advised the opening to be further postponed until a number of safety precaution had been amended or installed.

Amongst these were the creation of a 90 centimetre walkway down the sides of the tunnel, should emergency access by foot ever be required, as well as the elaboration of emergency evacuation, and safety and rescue plans.

A document released by the ANBP affirmed that the assertion gave the tunnel's inauguration the thumbs down, as "safety rules were not complied with", rules that the firemen consider "vital for the opening of such an important circuit".

It further exposed "extremely serious flaws", which if not dealt with, could "jeopardise the ability to protect vehicles and other

ers in the event of a fire".

An autonomous central pump to feed fire extinguishers and not via municipal network EMAL, sprinklers, and emergency entry/exit ramps for rescue vehicles, are just a few other absent safety precautions that the association would like to see rectified.

However, Mayor Rodrigues has wavered any importance that the ANBP's claims may have by saying, "all safety conditions have been met", to ensure a fully functional opening.

In a press release the Mayor has also said he "vehemently" refutes "all last-minute orchestrated attacks made by those who never believed that it was possible for such an infrastructure to take shape in Lisbon, as well as by those who, throughout its entire execution, did everything to try and stop its construction".

Furthermore, Mayor Rodrigues described the tunnel as "an honour to Portuguese engineering and to all those who made it possible".

Municipal Works Councillor

Pedro Feist has also demonstrated his faith in the tunnel's safety by declaring, "we have our own technicians and we trust them. We are certain of its safety and we will therefore go ahead with the opening".

Police investigate web baby sales

A website claiming to sell babies for adoption is being investigated by Portuguese police despite the law only being effective in cases of selling humans for trafficking.

The OLX website was advertised in a Portuguese newspaper and claimed to offer babies and children for adoption from the Sintra, Lisbon, and Tagus valley regions of Portugal. No prices are mentioned and the only contact numbers are a website address and an e-mail.

Reportedly, a few weeks ago the same advert, which is accompanied by the photograph of a child, announced a two-year-old from the Algarve area for adoption.

A second Portuguese newspaper investigated the advert by contacting the site, pretending to be interested in the adoption of a child and was given the immediate answer that the child would not be Portuguese or even European. The child suggested for adoption was allegedly from the African country of Cameroon.

Despite police investigation of the website, they have declared difficulties in identifying the source of the site.

Selling children for adoption in Portugal is not considered illegal, a legal loophole that is presently being revised and disputed by a parliamentary division specialising in adoption.

The advert has received extensive and angered responses from Portuguese citizens and cybernauts.

Website OLX acts as an on-line market, available in 33 countries, and claims to be 100 per cent free of charge. Countries that have advertised children include South Africa, Canada, Spain, Italy, the UK and Ireland and generally categorise them under the 'Children Artefact' section, normally indicating a website for more information.

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German serial killer suspected of murder in Portugal

A 48-year-old German lorry driver, identified as Volker E., and who is thought to be responsible for the murder of 19 women in various European countries, may also be responsible for a number of unresolved murders that have occurred in Portugal, police revealed this week.

Two of the suspect's possible victims were foreign women, shot in Portugal between 1995 and 1999, one of whom was a 29-year-old Colombian found dead with two shot wounds to the head in São Bartolomeu de Messines, Algarve.

Volker E. was arrested in the German city of Cologne last November, by the request of Spanish police.

Most of his victims are said to have been prostitutes, allegedly shot by the suspect in countries including Germany, France and Spain. While there are, as yet, no ties between the suspect and the deaths in Portugal that occurred nearly a decade ago, police confirmed: "Other murders of the same nature are presently being investigated in other European countries".

All of the crimes follow identical patterns and the driver is accused of killing between 1974 and last year, at least three times in Barcelona (Spain), Planheim (Germany), and Saintes and Reims (France).

In a parallel situation though coincidentally sharing the same

name, another German national, resident in the Algarve until October 1998, is currently the target of a global arrest warrant after escaping from a prison in Lisbon where he was being held at the request of German authorities while awaiting extradition.

Named as Norman Volker Franz, the 37-year-old resided in the Albufeira area of the Algarve where he had a partner and a child.

He fled prison for the first time in 1997, escaping from the Hagen establishment, Germany.

Presumed guilty of five murders and presently on the run, Franz is accused of armed assaults in the German town of Wiesbaden, as well as three murders in Halle.

During his stay in Portugal the suspect worked in real estate, using fake identities such as Carsten Müller and Michael Stuever.

According to German criminologists, Franz came across as a calm and reserved person, but is in fact, "extremely dangerous and violent and kills innocent people to get rich". Reportedly, the German is usually armed, speaks English and Portuguese fluently and keeps close contact with people in Albufeira, Bogotá, Florida, Cape Town, and Tangier.

German police have affirmed that the suspect could still be discreetly working in Portugal in the Tourism trade sector.

Algarve hearts beat as one



Over three thousand people came together in the Algarve Stadium, Faro, to form a 'human heart' as part of an initiative organised by the Portuguese Cardiology Society for their 28th specialist congress, held on Sunday in Vilamoura.

After a morning of family activities, which included bike rides through the countryside, yoga, pilates, Latin dancing and skating, the thousands of participants grouped together on the stadium's pitch in the shape of a large heart for a stunning photograph.

People came from across the Algarve, and beyond, to take part in the morning's fun and games.

Portuguese athlete Rosa Mota and the Portuguese national football team's coach, Brazilian, Luis Filipe Scolari, were also involved in the activities, which aimed to promote the importance of physical exercise to prevent heart diseases.

Rosa Mota showed her support by saying she is, "always

available" for this kind of event, because, "besides raising awareness, they contribute to a better explanation of health problems, concerning the heart, and which presently affect millions of people".

"They are diseases that affect everyone and no one is excluded", she said, bringing to mind Portuguese football star Eusébio, who was rushed to hospital on Saturday due to heart-related complications.

Luis Scolari also confirmed he accepted the invitation as, "it is a good cause, and very important to everyone's lives".

Civil Governor António Pina and other various regional authorities were also present.



Thousands of people joined forces on April 22nd at the Algarve Stadium to form a giant heart as part of an initiative organised by the Portuguese Cardiology Society. (Photo: Luis Forra / Lusa)

Heart disease on the increase in Portugal

The stress of everyday life in Portugal threatens to fuel an epidemic of cardiovascular disease, a report published last week warns.

The study says high blood pressure is becoming "rife" in southern European nations and blames "modern, frantic lifestyles" similar to those in northern Europe that many people do not link to the problem.

According to Dr. Panos Kanavos, head of the London School of Economics team that prepared the report on behalf of the European Commission, at least one in four adults in Portugal already has the condition and if nothing is done to combat the problem this figure could rise to

60 per cent over the next 20 years.

The researchers say that much more work is needed to tackle high blood pressure – not least a switch to healthier, less hectic lifestyles.

Portugal along with Spain, Italy and Greece joined emerging countries with westernised economies, such as Brazil, China, India, Russia, Turkey and the Central European states as being most prone to the onset of cardiovascular disease.

Much of this, according to the survey, is due to the change in lifestyles in these countries, where intensely competitive industrialisation is taking over from the more relaxed and socially friendly agricultural based economies.

The report says that every year, high blood pressure is implicated in an estimated 7.1 million deaths worldwide.

It also challenges what it terms "a popular theme" that high blood pressure only affects older people.

Dr. Kanavos told the AFP news agency: "Uncontrolled high blood pressure among people in their 30s, 40s and 50s will inevitably lead to an increase in cardiovascular disease and strokes that will strike down men and women at the height of their earning power, potentially turning them from drivers of economic growth and a source of public revenues to long-term recipients of extensive social benefits, with in-

creased healthcare needs".

He called for a concerted public policy effort aimed at improved hypertension diagnosis and tackling its underlying causes.

A spokeswoman for the British Heart Foundation, which at the behest of the EU Commission worked closely with Dr. Kanavos and his team on the study, said: "Stress can affect

your lifestyle, and may lead to unhealthy habits such as smoking, eating a poor diet, drinking alcohol and not getting enough exercise – adding to your risk of developing heart problems".

Portuguese among EU's most miserable says UK study

Portuguese people are some of the unhappiest in the old 15 European Union member states, according to the findings of a survey published last week.

British researchers analysed responses from 20,000 people over a 12-month period. They then cross-referenced these results with a separate study to establish the cause of happiness.

Concerns over whether or not to trust the government, local authorities or even one's neighbour play a big part in the general lack of enthusiasm and optimism for life among the majority of Portugal's citizens, the UK Cambridge University's economics department found during the study.

Out of the 15 nations involved in the survey, Portugal finished second from bottom, scoring only 6.53 points out of 10 compared to the 8.31 marked up by western Europe's happiest nation Denmark. Bottom of the

pile and wallowing in their own self-pity were the Italians with 6.27 points.

"The survey shows that trust in society is very, very important" when it comes to happiness, Dr. Luis Corrado, who headed up the research team, told the AFP News Agency.

"The countries that scored highest for happiness also reported the highest levels of trust in their governments, laws and each other," she said.

The doctor pointed out that governments attempting to improve happiness levels in their countries should do more than focus on creating wealth.

"Our well-being would be more likely to flourish in a mutually supportive and trusting society," she added.

Scandinavian and Irish citi-

zens were found to be the most content and deemed to be a far better company for a night out than their counterparts in eastern Mediterranean countries.

The Finns were second in the happiness rankings scoring 8.05 out of 10, with the Irish on 7.98. Sweden landed fourth spot with 7.84 and surprisingly, according to the researchers, the Dutch were a buoyant fifth with 7.78.

The British were not as content as their current strong economic performance might suggest, leading researchers to reflect that money does not always buy you happiness – the Brits finished in ninth place in the joy table on 7.47 points. The French and Germans were even less happy, scoring 7.32 and 7.07 respectively.

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Portugal's e-health services among the most progressive in Europe



German Health Minister Ulla Schmidt (third right) lines up with her counterparts (front row L-R) Andrej Brucan from Slovenia, Antonio Fernando Correia de Campos from Portugal and European Union (EU) Commissioner for Health and Consumer Protection, Markos Kyriyanou at the Informal Meeting of EU Health Ministers in Aachen, Germany on 20th April. The two-day informal meeting deals with transborder medicare throughout Europe. (Photo: EPA / Felix Heyder)

An international conference heard last week how the introduction of computerised information and communication technologies (ICT) is rapidly improving Portugal's health service.

Delegates to the e-Health and Telemedicine Conference in Luxembourg were told that Portugal's Ministry of Health was fast becoming a leading light in Europe in the application of Internet facilities to improve patient care and hospital efficiency.

In particular, Portugal's National Emergency Network was praised for its plans to install a computerised selection and information system linking ambulances to hospitals – prototypes are already in use in countryside regions.

The introduction by Portugal's Ministry of Health of 'e-Prescription' facilities between doctors, pharmacists and hospitals, whereby patients will no longer be reliant on paper prescriptions was also highlighted by the conference as a move forward in offering speedier and more reliable health services.

Booking of medical appointments by use of the smart card and the introduction of 'Electronic Health Records' are also planned.

Online health services will improve communications between patients and doctors. For example, the use of new applications based on Internet and mobile phone services will assist in the continuous monitoring of some chronic illnesses such as diabetes, obesity, drug dependency, high blood pressure and include follow up treatment and support of the patient's family.

The proposed simplification of Portugal's personal identification system by the introduction of an electronic identity card (eID) was seen by delegates as a great step forward in improving health care facilities especially for citizens rendered unconscious in accidents or by heart attacks, where their medical details would be available instantaneously to ambulance crews and other healthcare workers.

Under the scheme, the eID will eventually replace five existing cards – personal identity card, taxpayer's card, social security card, voter's card and health system card.

The eID is a smart card that provides increased security and electronic identity authentication based on biometrics – eye scans,

fingerprints and electronic signatures.

The conference also heard that in Portugal, the Ministry of Health is the main organisation responsible "for promoting the use of ICT in healthcare, and for the associated planning, financing and guidance mechanisms".

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Rules on maximum cabin baggage size postponed

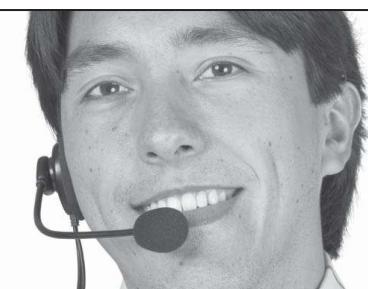
The European Commission has decided to postpone the implementation of rules on maximum cabin baggage size, as more time is needed to reassess the advantages and disadvantages they entail, notably regarding air security and passengers' comfort.

"The Commission has shown that it is willing to listen to good arguments from stakeholders, who sought to delay the introduction of European rules on cabin baggage size. We therefore feel that it is in the best interest of European citizens to postpone their introduction until May 2008", the EC explained in a press statement published late last week. The rulemaking sought to limit the maximum size of cabin bags to 56cm x 45cm x 25cm. This reflected common practice by many airlines and long since agreed by the International Air Transport Association (IATA) standard for safety reasons.

The aim of the measure was to make it simpler for airport screening staff to detect prohibited articles in cabin baggage.

The EC has invited the European Civil Aviation Conference (ECAC) to evaluate the security benefits that accrue from a limit on cabin bag size over the next 12 months. Their report will be presented by December 2007, along with any additional information provided by member states and stakeholder associations. Further decisions will be taken based on the analysis of this input.

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Barroso attempts to resolve Romania mafia row

European Commission chief Durão Barroso last Saturday insisted that Romania's leaders settle their differences over a row concerning the influence Mafia bosses are having in the running of the country.

In a telephone conversation with Romania's President Traian Basescu, Barroso said it was essential for the country's continued participation as a member of the European Union that the crisis be resolved by the "Romanian institutions in full respect of the democratic and constitutional principles as soon as possible".

President Basescu had said earlier in Bucharest that he would not resign from office following a vote in parliament to suspend him.

A spokesman for the European Commission told journalists in Brussels that Barroso had received calls from the "suspended" president and his arch rival Prime Minister Tariceanu, both of whom wanted to inform him of the current situation.

Basescu, 55, was accused in a parliamentary impeachment motion, of protecting the interests of the Mafia in the running

of Romania's economy and "controlling, through those close to him, all state institutions" and law enforcement agencies.

Barroso also pointed out during his telephone conversations with President Basescu and Prime Minister Tariceanu, according to the Commission's spokesman, that, "Romania knows that it must go on with the reforms needed, namely the judicial reform and fight against corruption that were a commitment of Romania when it joined the European Union".

The former Soviet bloc state's political crisis comes just four months after it joined the European club. EU Justice Commissioner Franco Frattini earlier reminded Bucharest that in June the EU Commission will report on Romania's progress in meeting its obligations laid down for membership of the Union since joining on January 1st.

A national referendum on the impeachment of President Basescu is expected to be held in mid-May. Political observers are forecasting that a majority of Romanian citizens will vote in favour of the president resigning.

International Algarve Fair is only 2 weeks away



The days are longer and warmer and that can only mean one of the year's outdoor highlights is not far away.

This year's International Algarve Fair, to be held on the weekend of May 12-13 at the Fatacil fairgrounds in Lagoa, promises to be the biggest and best ever.

There will be an amazing variety of goods and services at the Fair. Whatever you need, you are bound to find many stands to interest you at this year's International Algarve Fair.



The Fanfarra in action as they paraded round the grounds adding pomp and ceremony to last year's Fayre.

national Algarve Fair. How about a Hot Tub? Or perhaps you are thinking of a new car? No problem, there will be an abundance of choice. If the sea has more attraction than the road, a whole range of jet skis will be on site. Fashion, and plenty of choice, or how about some handmade jewellery? A massage, or a beauty treatment? For the garden, there

will be a wide choice from artificial grass to outdoor furniture.

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The Paws4Pets stand at the 2006 Country Fayre - animal lovers will be able to visit their stand again this year.

Furniture not that expensive in Portugal, says survey

Buying furniture in Portugal is not as expensive as a lot of people think, according to the results of a survey published Monday.

Out of 33 European countries studied in the European Commission survey, Portugal proved to be one of the cheapest countries in Europe in which to buy a range of furniture from specified brands to brandless items.

The survey covered a total of 140 comparable products, including kitchen, bedroom, living and dining room furniture and other household furnishings ranging from 150 Euros to 3,500 Euros in price.

Expenditure on furniture works out, on average, for the 33 countries studied, at 2.5 per cent of annual household expenditure, with Portuguese families spending 2.1 per cent of their joint incomes on furnishing their homes, and the British 2.8 per cent.

Belgium, Ireland, Switzerland, Spain and Sweden were all head and shoulders above what it costs to buy furniture in Portugal being on average 15 per cent more expensive.

But if you are really on the look out for bargain prices head for Romania and Latvia, where the same brand of furniture items to

be had in western European countries are 53 per cent cheaper.

Furniture price disparities across the 33 countries are difficult to explain away, according to the Commission's study.

It found that overheads such as transportation costs, advertising, salaries and showroom expenses as a percentage of gross domestic product were more or less the same in all 33 countries with the exception of the island economies of Cyprus, Iceland and Malta, which have a small domestic market and "correspondingly high costs of imports" - all three countries featured in the top ten list of the most expensive places in Europe to purchase furniture and fittings.

Owners of dangerous dogs to prove sanity

Owners of potentially dangerous animals could soon need to prove that they are responsible people should a government proposal on domestic animals be passed.

With the recent surge in attacks on people by dangerous dogs, parliament this week heard proposals from the majority Socialists and the smaller CDS-PP party to alter existing laws.

Under the proposals, which are likely to be passed sometime during the course of this year,

owners of dangerous dogs will need to satisfy authorities that not only are they mentally sane, but also physically capable of handling a potential killer.

Some MPs argued that such

legislation would impede blind people from owning guide dogs, or older citizens enjoying the company and protection of a dog.

Parliament concluded that legislation needed to be agreed upon whereby people who use their dogs as weapons should be prohibited from owning animals.

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A greenpeace activist destroys light bulbs with a roller during a protest action in Berlin, Germany, 20 April 2007. The international environmental organisation demonstrates against energy wastefulness during the meeting of energy ministers of both the European Union (EU) and the Group of Eight (G8). (PHOTO: LUSA/EPA/Johannes Eisele)

Portugal's Greenpeace members join in light-bulb smashing protest

Members of Portugal's Greenpeace environmental group joined last week with their counterparts from across Europe in crushing 10,000 light bulbs at Berlin's Brandenburg Gate to highlight the urgent need to conserve energy and combat global warming.

Greenpeace said it was calling for, "an immediate ban" on conventional light bulbs and demanding tougher European standards on energy efficiency.

"Light bulbs are an iconic example of the many energy-saving products that are sold to consumers. A light bulb wastes 95 per cent of its energy generating heat instead of light," it said in a statement.

The group, which crushed the bulbs with a bulldozer, urged consumers to switch to energy-saving bulbs, saying this move alone would "result in shutting down 25 polluting power stations in Europe".

Greenpeace said the protest marked the start of its international campaign to discourage the use of energy-guzzling devices. It was timed to coincide with the opening of a two-day international conference on energy efficiency in the German capital.

The meeting was hosted by Germany as current president of both the European Union and the G8 club of the world's most industrialised nations.

German Environment Minister Sigmar Gabriel said it was vital for the industrialised world to work with developing nations to promote the efficient use of energy.

German Chancellor Angela Merkel boasted recently that she has switched to energy-saving light bulbs in her home.

After the protest at the Brandenburg Gate, Portugal's Greenpeace members headed for Lisbon in preparation for a demonstration outside the Japanese embassy in Avenida Liberdade planned for May 9th against Tokyo's refusal to abide by international anti-whaling laws.

EU Snippets

EU Concerned Over Police Violence in Russia

The European Commission voiced deep concern on Monday about Russian police action over the weekend, when they clubbed and detained opposition protesters demonstrating against President Vladimir Putin. "Freedom of expression and freedom of assembly are very important values which Russia has signed up to" as a member of the United Nations and other bodies, said Christiane Hohmann, spokeswoman for the EU's executive arm. While saying the Commission was "very concerned" about the events in Moscow and St. Petersburg, Hohmann declined to condemn outright the acts of the Russian police. Opposition protesters were clubbed by police in St. Petersburg after a peaceful demonstration against Putin. Around 120 people were detained following the protest by The Other Russia party, an opposition coalition that accuses Putin of dismantling democracy. The clashes in St. Petersburg followed a violent crackdown by police in Moscow, where 200 people were arrested, including one of the coalition's leaders former world chess champion Garry Kasparov.

EU electricity prices "too high"

A lack of competition in the EU's wholesale electricity market is making prices "significantly higher" than in a totally open market. A European Commission report said last week. The results of the survey showed that "competition in the EU wholesale electricity market is not yet functioning properly leading to far too high prices," the report added. The study will push EU Energy Commissioner Andris Piebalgs' campaign to see member states follow through their commitment to create competitive energy markets. EU investigators analysed hourly data on virtually all power plants across Europe. Part of the study compared the actual market price of electricity with "what it would have been if the markets had been perfectly competitive". The "mark up" between the two was found to be highest in Germany and Spain. No conclusions were drawn for Portugal, France and Belgium due to the lack of information provided.

Spanish Farmers Protest Over EU Aid Cuts

Thousands of Spanish farmers marched through the streets of Madrid last Saturday to demand higher prices for their produce, and in protest against the EU's common agricultural policy. More than 25,000 people from across the country took part in the protest. According to organisers of the event, the demonstration was called to "demand that the government find solutions to the deep crisis which the sector is facing, given the ruinous prices that are paid". The price paid to farmers for oranges has been halved between 1994 and 2007 while the cost of gasoline during the same period has doubled. Since 2003, EU farming subsidies have been gradually withdrawn by the Spanish government from farm production levels and spent on animal welfare and environmental protection.

EU bosses earn less than their Swiss counterparts

Board members in Swiss companies are the best paid in Europe, receiving more than twice as much pay as those in the EU. Swiss company directors pocketed an average of 139,752 euros last year, said recruitment consultancy Heidrick & Struggles. This compares with an average of 72,000 euros across the 10 nations surveyed. Bosses in Spain were the next best paid on 96,099 euros per year, followed by UK directors on 92,701 euros. French bosses came out bottom in the survey, earning just 43,529 euros on average. The other countries surveyed included Sweden, 43,659 euros, Netherlands, 52,849 euros, Italy, 53,983 euros, Belgium, 58,202 euros and Germany, 74,923 euros. The survey covered 294 major companies in the 10 countries, including the Swiss-based Nestlé group, Credit Suisse Bank and insurer Swiss RE.

Cross-Party campaign to get Britain out of EU

Conservative peer Lord Tebbit has thrown his weight behind a cross-party campaign to get Britain out of the European Union. The Better Off Out (BOO) group was launched last year by six Conservative MPs and claims support from the United Kingdom Independence Party and one Labour MP, Austin Mitchell. Lord Tebbit said he backed British membership of the European Common Market, as it was then called, in the 1970s. But he now felt it was "too diverse" and bureaucratic to work as a democracy and the UK would be better off out. The BOO campaign says it wants to make the "positive, constructive case for Britain leaving the European Union". Lord Tebbit said: "We British have a thousand-year history of self-government. We have been free and democratic longer than any other nation. The European Union is too diverse, too bureaucratic and too centralist to be a functioning democracy".

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Skinheads cancel Lisbon meeting



The planned conference of extreme-right European parties and movements set for Lisbon last Saturday was cancelled after being unable to find premises for the gathering. The conference organizer, the anti-immigration National Renewal Party (PNR), which has no representation in parliament, had said delegations from 13 European groups were to attend its event.

Speaking at a press conference to announce the cancellation, the leader of the PNR accused the media of aiding in the cancellation of the meeting, having treated "the PNR and its European counterparts as a bunch of dangerous criminals".

A venue, which had been reserved several weeks ago, was cancelled by its owners after allegedly being tipped off by police that far-right extremists were to gather there, PNR leader José Pinto Coelho said.

The PNR was unable to find a suitable replacement in the short time it had until the gathering, Pinto Coelho added.

In recent weeks, the PNR has gained substantial press coverage after it placed a billboard at Lisbon's busy Marquês de Pombal circle calling for an end to immigration and suggesting immigrants living and working in Portugal should be sent home.

Coinciding with the planned extreme right's meeting in Lisbon, was a conference in the Por-



Police show off some of the items seized during raids at the homes of members of Portugal's far right movements. (Photo: Lusa/Manuel de Almeida)

tuguese capital that brought together hundreds of specialists on immigration to discuss ways of

"demystifying erroneous opinions on migration from the south".

The conference attracted around 300 delegates of the Paris-based International Federation of Human Rights Leagues (FIDH).

Before news of the cancellation came, police said it had taken security measures to avoid demonstrations or counter-demonstrations that could disrupt public order.

Most of Europe's main extreme-right parties, including

those from Britain, France and Austria, said last week they were either unaware of or did not plan to attend the gathering in the Portuguese capital.

This was to have been the first gathering in Lisbon of groups considered racist, xenophobic and neo-Nazi since Portugal was liberated from a dictatorship 33 years ago on April 25, which was commemorated on Wednesday.

In an apparently related action, police carried out raids across Portugal last week, rounding up to 30 suspected extreme right militants, some of whom were detained for illegal arms possession.

The leader of the National

Front (FN), Mário Machado, was placed under preventive detention last Friday to await trial on unspecified charges of racism.

A security guard, Machado was sentenced in 1997 to more than four years in prison for his part in a skinhead gang killing of an African immigrant in Lisbon in 1995.

New racial discrimination laws for Portugal



Under new laws passed last week by the European Union, Portugal will be obliged to set minimum penalties for the incitement of racism and expressing xenophobic opinions. Lisbon must transpose the legislation into national law within two years.

The European Commission said the agreement was sealed at a meeting of EU justice ministers in Luxembourg and would apply to all 27-member states.

The agreement comes after nearly six years of wrangling and is a disappointment for the German government, which had argued for the outlawing of the denial of the murder of six million

Jews by the Nazis and their collaborators during World War II. Berlin had hoped to achieve this objective before its six-month EU presidency term runs out at the end of June.

However, a spokesman for the Commission told journalists in Brussels, that while there was no direct reference to Holocaust denial in the new law, it was in fact

covered in the text which states that anybody "publicly condoning, denying or grossly trivialising crimes of genocide, crimes against humanity and war crimes" will be in breach of the legislation.

He emphasised that if denial of the Holocaust, which is already banned in Austria, Belgium, France, Germany, Poland and Romania, incited hatred it would definitely fall within the remit of the new bill. "It depends on the effect and intent of that denial," he added.

The bill has come in for criticism from various right-wing groups, who argue that it curtails, if not completely bans, freedom of speech.

"This is a difficult one," the Commission's spokesman said. "The balance between the freedom of expression and protection of citizens is one that every member state strikes in a different place," he added.

According to the new bill, Portugal will be obliged to punish "public incitement to violence or hatred directed against a group of persons or a member of such a group defined by reference to race, colour, religion, descent or national or ethnic origin".

The bill goes on to say that this "will include the encouraging of such an act by public dissemination or distribution of tracts, pictures or other material".

The Commission spokesman said that the accord sets "minimum standards" on penalties for such crimes – two to three year prison sentences – and added that the EU-wide sanctions would generally be lower than those imposed by some member states already.

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Taxed and taxed again!



Previously in an article entitled *New tax legislation set to hit Americans abroad* (The Portugal News, 20 May 2006), this writer informed readers that the most costly tax increase affecting American expatriates in 30 years would be felt in the 2006 tax filing season. As Americans abroad should know by now, taxes owed to Internal Revenue Service for 2006 were due 16 April 2007, even though the tax filing deadline is 15 June 2007. Americans who are accustomed to filing their own tax returns are more likely to miss this payment deadline under the incorrect assumption they owe no taxes.

Consider John Reardon, married and a resident in Iberia since 1990. He owns a small incorporated business from which he paid himself \$66,300 in 2006. Were this salary his only source of income, he would owe no tax thanks to the Foreign Earned Income Exclusion that was raised last year to \$82,400.

However John had other income totaling \$67,300 that included interest, ordinary and qualified dividends, capital gain distribution, social security, and gain from sale of property. After reductions for Exemptions (\$6,600) and Standard Deduction (\$12,300), his taxable income was \$48,400.

Figuring the tax from the graduated tax table for married joint, John owed \$6,500. Due to his having had qualified dividends

and capital gain distribution, John might have figured his tax from the *Qualified Dividends and Capital Gain Worksheet* and more correctly reported a liability of \$6,350. But this difference of \$150 (\$6,500 - \$6,350) is not really significant unless you depend on McDonald's fare for daily nourishment.

Nevertheless John was pleased because his estimated tax payments exceeded his tax liability.

The shocking truth, however, is that John should have figured his tax on the new *Foreign Earned Income Tax Worksheet*. This worksheet, together with the *Qualified Dividends and Capital Gain Worksheet*, requires that he first calculate his tax liability on

\$114,700 (\$67,300 + \$66,300 - (12,300 + 6,600)) and NOT on \$48,400 (67,300 - (12,300 + 6,600)).

The resulting tentative tax is \$21,650. This tax may then be reduced by \$9,700 tax on his Foreign Earned Income. The result is that John actually owes \$11,950 (21,650 - 9,700).

Had the law - Tax Increase Prevention and Reconciliation Act - not been enacted, John would have owed \$6,350 (see above). Now he will be liable for the extra tax plus underpayment penalties: 5% a month (up to 25%) plus 8% interest.

Alas John made another error in anticipating his tax liability. Having purchased a property stateside on 15 July 2005, he sold it on 1 July 2006 for a hefty \$55,000 profit. As a short term

capital gain, the profit was taxed as ordinary income rather than as capital gain. The unfortunate result was that he paid \$5,500 in additional taxes! In other words, had he delayed the sale by two weeks, his tax liability would have been \$6,450 rather than \$11,950 (unless delaying the sale might have meant losing the sale).

Still it pays to talk to the tax consultant.

Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts on the European continent and the National Association of Public Accountants (www.natptax.com). He specializes in US International Taxation for American expatriates. taxbarron@yahoo.com / 901 935 9809.

Alternatives to Holiday Let Licensing

Part 2 - How to organise under "RAU"

This is the second in a four part series examining different alternatives to Holiday Let Licensing:

- 1) Keeping your Habitation Licence
- 2) Organising under "RAU"
- 3) "Hospedagem"- the Hybrid Solution
- 4) Compliance - Getting it Right

(Category B) as a sole trader under the Simplified Regime. The latter has surprisingly favourable tax treatment.

Non-residents need to have a Fiscal Representative. While easy and painless, it could easily turn into a high risk area if left neglected. Here are three sound reasons why *Fiscal Representation* is a must.

a) Legislation

Portuguese Law requires a *fiscal representative* to meet all accessory tax compliance obligations for the non-resident taxpayer owning property or with income arising in Portugal. Do you have a good reason why not to obey the Law?

b) Nil Cost

All taxes paid in Portugal as well as necessary expenses for *Fiscal Representation* will serve as either tax credits or deductions in your home jurisdiction. As a result, these fees and costs should be a *nil expense* at the end of the day.

c) Access to Information

Portugal is a difficult country to find sources of reliable, accurate information. Your *Fiscal Representative* should be your link to sound information, not only about tax and legal matters but also about how things work in a strange country, putting things across to you in plain English.

Without a qualified *Fiscal Representative*, you may be placing your valuable investment in jeopardy and, at the same time, miss out on an invaluable ally to

make the most of your life in Portugal.

3) COMMON SENSE One of the legitimate concerns behind the holiday let controversy is the need to assure the safety and quality of offerings to holiday makers. The following table is a summary of the basic criteria required for Guest Houses ("Hospedagem") in the Council of Albufeira and is similar in nature to standards in other Councils throughout Portugal. Common sense dictates that any offering should at least meet this very basic benchmark.

By customising these three "C's" to your individual situation, we can help protect you with enhanced *Double Shield Representation*. Working in conjunction with Portuguese lawyers experienced in this field, our enhanced plan offers you both *fiscal representation* to meet all of your tax compliance requirements and access to capable *legal counsel* to assure a protective shield around your rental activity via correct contracts, proper forms, comprehensive "Terms and Conditions" and Disclaimers.

In the event of an inspection, we can orchestrate a proper defence to avoid fines and avert the inappropriate application of legislation by over-eager inspectors.

Next - Part 3: "Hospedagem - a Hybrid Solution"

Households to pay €1 top-up fee on electricity bill

Portuguese families are to pay at least 91 cents more a month on their electricity bills from January 2008 and for ten years thereafter in order to recuperate lost revenue due to the government-imposed freezing of electricity tariff hikes this year and in 2006.

The freezing of price increases has resulted in a projected deficit of 646.4 million euros.

Initial calculations show that charging every household 91 cents more on the electricity bills

French investors look to build on Portuguese foundation in Angola



French investors looking to Angola should ally themselves with their Portuguese counterparts when in venturing into a relatively unknown market, says the head of the Luso-French Chamber of Commerce.

Bernard Chantrelle, speaking at a seminar in Lisbon, said "no sector" of Angola's booming, post-civil war economy was uninteresting for investors, but that the distribution, pharmaceutical and railway sectors were particularly attractive for joint French-Portuguese action, given their "specific know-how".

Portuguese partners, Chantrelle added, could provide French investors with knowledge of the language and culture shared with Angola, as well as experience of the African nation's bureaucracy, decision makers and logistics.

Luanda's trade minister, Joaquim Muafumua, also addressed the seminar, titled "Portugal as a Platform for Business in Angola", calling on Lisbon to increase its aid to Portuguese entrepreneurs looking at investments in his country. *Lusa*

Maputo hosts Luso-Chinese business meeting



Representatives of more than 500 Lusophone bloc and Chinese companies gathered in the Mozambican capital last week to discuss trade and investment opportunities.

Organisers of the three-day Maputo meeting said that 253 Mozambican companies topped the list of participants, followed by China and Macao with 40 and Portugal with 24.

"The interest of Chinese and Portuguese-language businesses in participating in the event is enormous. We had to

extend the registration period", Maria Rita Freitas of Maputo's IPEX export promotion agency told the Lusa News Agency.

The meeting was the third of its kind since China and the eight-nation Community of Portuguese Language Countries (CPLP) created a bilateral business forum in 2003 in Macao.

each month until 2018 will eliminate this deficit.

However, ERSE, the national energy supplier is set to charge

interest and the 91 cents are set to rise to somewhere in the region of one euro once interest is added.

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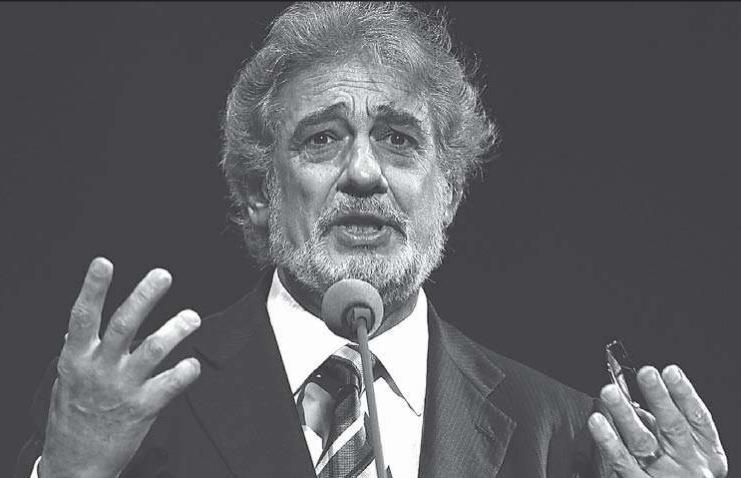
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Plácido Domingo cancels on the spot



Spanish tenor Plácido Domingo, explains to the public why he cancelled the concert after having problems with his voice, 21 April 2007 at Atlantic Pavillion, in Lisbon. (Photo: Andre Kosters / Lusa)

Spanish tenor Plácido Domingo stunned thousands of fans, who were awaiting his performance this weekend in Lisbon's Park of Nation's 'Atlântico Pavilion' by walking on stage only to announce he was cancelling the

night's show due to "persistent catarrh".

Despite drawing a crowd of less than a quarter of the pavilion's maximum 10,000 capacity, the 66-year-old singer promised to return in the near future to make up for the night's let-down. The

promise was received with much applause.

According to the programme, the evening was to consist of Plácido's own renditions of Fado and Opera, in what was rumoured to be his final tour.



partment head as well as the Head of Senior School. Within the week we called the parents and set up a meeting, which led to many revelations about the young lady and ultimately to getting her professional care. But the situation in Virginia was different. First, the student was 23, no longer a minor, nor was he living at home. I also explained that many people in the US are so frightened by the prospect of lawsuits and that there was a chance the University had dropped the concerns raised by Mr. Cho's teacher, in order to avoid legal wrangling.

Gun laws in Europe are stricter than in the US. In Europe, gun owners must be licensed. In the US the ongoing issue of having liberal gun laws has caused much controversy. Reports show that Cho Seung Hui walked into a store and within an hour was able to purchase a gun. Possibly, he bought the magazine clips that fit into the pistol on ebay and the other pistol through a website. CNN reported that in Virginia, a person 21 or older can buy only one handgun a month, unless he has a license to buy more. Cho bought one gun, a .22-caliber pistol, in early February and another, a 9 mm pistol, in March. Even though Cho was a resident alien, one of the gun dealers said it was legal for him to purchase a firearm as he presented three forms of identification: a driver's license, a checkbook with an address matching the driver's license, and a resident alien card. I watched the gun dealer being interviewed the day after the shooting. His lack of remorse revolted me.

"That's easy," I told them, explaining that when I was a teacher in San Francisco, one of my students, a tenth grader, had written a story filled with anger and depression. Her writing raised red flag for me and I shared the composition with my de-

of the factors contributing to the failed policies in the US concerning personal weapons, spearheaded by one of the most powerful lobby groups in the US, the National Rifle Association (formerly headed by actor Charlton Heston). Another factor is the U.S. Constitution's Second Amendment that states: *A well regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms, shall not be infringed.* I can't imagine that the brilliant men who drafted the Amendment could have envisioned any circumstance close to what happened on April 16.

"Can't they change those laws?" J.L. asked.

"It's not that easy," I answered, thinking about how long it took for policies to change, the money behind opposing forces, how many steps were involved, and how much opposition there is in changing the gun laws in the US as well as other destructive policies.

D.Y. and L.J. continued talking, telling me that their phone at home had been ringing non-stop ever since the incident had occurred. "Our mother's relatives in Korea keep calling," D.Y. said. "They want to know if we are ok, if we are in danger." Both were terrified about potential bullying from classmates. They were anxious about an upcoming sports festival, fearing reprisals from the athletes and spectators from other schools.

"Maybe the kids in Porto will try to hurt us," J.L. said. I encouraged them to talk to their teachers about their concerns, trying my best to assure them of their safety, but I couldn't be a hundred percent sure. There was a chance that other students would take out

Police arrest six in major drug bust

Lisbon police revealed this week that they have detained three men and a woman along with 100,000 individual doses of hashish pollen after a year-long investigation.

It is thought that the group worked around most of the Lisbon area.

According to a PSP statement, the arrests came as the result of "an investigation that started around one year ago and has led to the identification of six people, who have

been responsible for the purchasing, sectioning, dosing and selling of drugs to consumers and smaller traffickers, around most of Lisbon".

The statement further revealed that eight warrants had been issued, two to search residences out of Lisbon, one in Leiria, the other in Viseu, where the suspects are believed to have stashed their profits.

In Viseu police found some 25 thousand euros in cash. Besides the 100,000 doses of

hashish, 36 grams of cocaine were seized along with three vehicles, one motorcycle, a total of €37,000, items of gold reported to be worth €1,500, five guns, munitions, 85 packs of cigarettes, and 18 mobile phones.

After an initial hearing, four of the suspects were sentenced to preventative imprisonment, the remaining and two are subject to periodical check-ins at their local police stations.

Pickpocket caught red-handed

A 60-year-old pickpocket was caught red-handed by an Almada bus-driver.

After being identified by local PSP police officers, the man was confirmed as responsible for more than 30 pickpocketing thefts around the Margem Sul and Lisbon areas.

Tourist-targeting thief detained in Lisbon

Lisbon police have confirmed the arrest of a thief who is thought to have carried out at least five muggings in downtown Lisbon.

A 35-year-old man has been arrested by Lisbon PSP police suspected of being behind a series of muggings after being caught red-handed while attempting to hold up foreign tourists.

A 26-year-old was also arrested in connection with the incident.

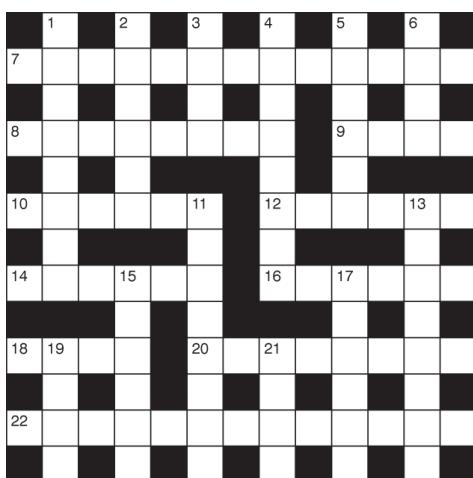
After being questioned in

court the two assailants are presently subject to regular check-ins at their local police stations.

Analysing the suspects' profiles allowed police to establish their *Modus Operandi*, which involved approaching potential victims in isolated places where they were threatened with knives and robbed of valuables including mobile phones, money and watches.

This MO has associated one of the men to five other crimes for which an arrested warrant had already been issued.

The Portugal News Crossword No. 139



ACROSS

- 7. Outmoded (13)
- 8. Direct (8)
- 9. Opinion (4)
- 10. Haunt (6)
- 12. Anew (6)
- 14. Deadly (6)
- 16. Outburst (6)
- 18. Operatic tune (4)
- 20. Uninhabited (8)
- 22. Vindication (13)

DOWN

- 1. Volatile (8)
- 2. Flaunt (6)
- 3. Violent man (4)
- 4. Compare (8)
- 5. Tray (6)
- 6. Merriment (4)
- 7. Harden (8)
- 8. Incitement to rebellion (8)
- 9. Fireplace (6)
- 10. Narrate (6)
- 11. Defeat (4)
- 12. Ill (4)
- 13. Hack (4)
- 14. Mode (6)
- 15. Hymn (6)
- 16. Arched (6)
- 17. Diminutive (6)
- 18. Stampede (6)
- 19. Consommate (6)
- 20. Meagre (6)
- 21. Reek (6)
- 22. Ante (6)

QUICK CROSSWORD SOLUTIONS No.138

Across: 1 Avid; 8 Aberration; 9 Strength; 10 Mode; 12 Morose; 14 Dreamy; 15 Finger; 17 Duenna; 18 Hymn; 19 Generate; 21 Consummate; 22 Keep. Down: 2 Virtuosity; 3 Dale; 4 Meagre; 5 Arched; 6 Stampede; 7 Ante; 11 Diminutive; 13 Organise; 16 Regime; 17 Denial; 18 Hack; 20 Reek.

patwestheimer@gmail.com

First Choice plane makes emergency landing

An aircraft belonging to UK airline First Choice was forced to take an emergency landing at Faro airport last week after a fuel leak was apparently detected during its flight from Birmingham, UK, to Lanzarote airport, the Canary Islands, Spain. Lanzarote airport is situated 5 kilometres from the Islands capital, Arrecife, where most of the British holidaymakers on board were believed to be heading. Carrying some 200 people plus crew on board, the Boeing 757, flight FCA 4116, landed safely at Faro at approximately 10h19.

Initial reports stated that the plane dumped fuel off the Algarve coast before switching off one of the plane's engines to avoid a possible ignition upon landing. It has since emerged that the aircraft may have opted to circle over the coastline to burn fuel rather than unload into the sea. This theory has since been endorsed by a First Choice representative, who confirmed in a press statement that "no fuel was dumped prior to landing". The statement also said that the aircraft simply "followed standard operational procedures".

"It is a fairly regular procedure. If unsure of anything, you land. Passenger safety is our number one priority", First Choice spokesperson Rachel Wood said.

After switching off one of the aircraft's engines the pilot and his

crew made the decision to turn around and land at the nearest airport. All of the passengers disembarked unscathed despite maximum emergency rescue procedures having been instigated by the Civil Governor, INEM, emergency medical teams, PSP, GNR, and maritime police were all on standby, should an accident have occurred. They then faced over a nine-hour wait, during which the airport supplied them with soup and sandwiches. According to reports, when the pilot became aware of the problem the aircraft had already lost more than a ton of fuel. The flight would have taken another 90 minutes to reach its intended destination, though it was said the fuel that was left allowed for a maximum of 30 minutes flight, something First Choice officials have refuted.

Passengers describing the incident portrayed an unnerving situation of uncertainty and fear, telling how after the pilot informed them of the emergency landing they were about to make, the aircraft tilted and panic set in.

However, after landing safely at Faro at 10h19, with no incidents to report, the passengers spent most of the day soaking up the Sunday sun on the grassy areas surrounding the terminal before embarking on a new aircraft at around 18h35 that was specially flown in to carry them to their destination.



The First Choice Boeing 757 after the emergency landing at Faro airport with 215 passengers onboard. During the flight Birmingham (England) to the Canary Islands (Spain), the airplane landed in Faro on 22 April after a fuel leak during the flight. (Photo: Luis Forra / Lusa)

Lagos fisherman in stormy waters after drunken parody with police

A 30-year-old fisherman from Lagos is facing serious charges after being chased by police not once, but twice, for drink-driving, as well as disobeying police orders, dangerous driving and attempting to run over one of the officers involved in the incident.

The second incident occurred just hours after being released from a first detention, which was the result of the fisherman disobeying police orders to pull over at an early-morning checkpoint at around 07h00 on Monday morning.

Upon refusing to pull over and stop, the police embarked on a car chase with the disorderly fisherman, eventually managing to immobilise his vehicle by shooting at and puncturing one of the tyres.

After being breathalysed and showing a criminal amount of 0.09 grams of alcohol per litre of blood, the fisherman was escorted to Lagos police station, where he was held for three hours and ordered to attend a court hearing later that afternoon where he was charged with

drink-driving and disobeying police orders.

Once released, and with his car keys still in his pocket, the man climbed into his car and again took to the streets of Lagos.

According to the law, given the high level of alcohol in his blood, the fisherman should only have been allowed to drive 12 hours after being detained and only if, after his hearing, he was not stripped of his licence. However, three hours after his first detention the fisherman was behind the wheel and took off despite having a flat tyre.

Releasing what had happened, one of the officers immediately tried to catch up with the car on a motorbike and a second chase took place, this time on Lagos' main riverfront avenue.

Seeing the vehicle zigzagging down the street, jeopardising other drivers as well as pedestrians, the police officer attempted to bring the car to a halt by positioning himself and his motorcycle in front of it.

Intent on making his escape, the fisherman refused to be cornered

and tried to run over the officer, subsequently running into two stationary vehicles parked nearby.

A second failed attempt at running over the policeman, this time in reverse, culminated in the fisherman's car being brought to a halt after police back up arrived on the scene. Breaking the window to grab the offender, the fisherman was eventually removed from behind

the wheel of his car, though still attempting to physically attack the policeman he had tried to run over only moments earlier.

Restrained by two other officers he was eventually detained and now awaits a court hearing, where he faces charges of drink-driving, qualified disobedience, dangerous driving, coercion, and resistance to police authority.

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Free and improved health services for diabetics

More than forty thousand diabetics in the Algarve, 4,000 of whom are dependent on insulin, now have free access to an improved health service that aims to cater for the various problems that are related to the

illness. A protocol signed between the Algarve Regional Health Administration (ARS) and the Association for the Protection of Portugal's Diabetics (APDP) will allow sufferers of the disease in the Algarve to receive various types of treatments in the APDP's Lisbon clinic, when referred by a regional doctor. The protocol was established after a lack of adequate specialists and treatments was noted in the Algarve.

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Four tonnes of hashish intercepted off Algarve coast



An operation carried out by the Algarve Judiciary Police resulted in seven arrests, all men aged between 17 and 36 of Moroccan nationality, along with the seizure of 1,512 kilos of hashish. (Photo: Luis Forra)

CENTRAL ALGARVE

Do you know what motivates your employees?

We all know the contribution employees make to our businesses, but how do we motivate them? Hotel Manager of the Sheraton Algarve, Flavio Bucciarelli will share some tips and give practical advice, which can be adopted by the smaller business. Flavio will discuss how to get it right at the recruitment stage, including how to pick up signals at the first interview.

Continuing with the importance of regular staff appraisals, and developing and retaining the motivation of individuals over time.

In what promises to be a dynamic and thought provoking presentation, we may end up reconsidering our personal styles of leadership... Come and join us.

Wednesday 9th May 2007
Network lunch at Don Giovanni's Restaurant, Estrada de Fonte Santa

12.15 pm for 1.00 pm – Time to Network
Cost: Members €15, Guests €20



Contact Network Co-ordinator,
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www.networkalgarve.org

Algarve Film Commission signs protocol with Andalusia

The Algarve Film commission signed a protocol of cooperation with its Andalusian counterpart during a ceremony to celebrate the '7th Unedited Film Festival', held in Islailla, Huelva.

Portuguese film star Joaquim de Almeida, whose career has brought worldwide acclaim, and who is also president of the Algarve Film Commission's General Assembly, signed the agreement with Rosado Cóbian, General-secretary of Spanish TV channel Sur and Film Commissioner of Andalusia.

The signing represents a

pledge between the two organisations to mutually promote their respective regions as ideal locations to make films, documentaries, adverts, and other audiovisual productions, and will be achieved by exchanging information and linking websites, etc.

Regular meetings of the Iberian Peninsula's producers and directors were also foreseen by the protocol.

According to actor Joaquim de Almeida, "the Algarve has a lot to learn from the Andalusia Film Commission's experience".



Regional police have this week announced the seizure of around four tonnes of hashish captured off the Algarve coast, and the detention of 10 suspects, all foreigners, related to drug-trafficking crimes.

It was last week that police made the detentions, in two separate operations, the first of which took place on Wednesday, off the beach Monte Gordo, on the Portuguese border of the Guadiana river. Seven men aged between 17 and 36 were arrested, all of Moroccan nationality, along with 1,512 kilos of hashish, two semi-rigid boats, and various pieces of telecommunications equipment including two GPS trackers and a satellite-operated cellular phone.

The second bust occurred the following night somewhere between Olhão and Moncarapacho after police spotted two 'suspicious-looking' vehicles.

After becoming aware of the police presence, the vehicles attempted to flee, disobeying police orders to stop.

This was followed by a lengthy car-chase in which the use of weapons was required to bring the vehicles to a halt. One of the drivers was shot in the abdomen, though his injuries are reportedly "not serious".

According to police one of the vehicles, a heavy goods vehicle with English licence plates, was transporting an estimated 2,500 kilos of hashish. The lorry's two occupants aged 25 and 30 and of German and British nationality were detained.

The second vehicle, an Audi A4 with a Spanish licence plate thought to have been acting as protection for the lorry, was also brought to a halt by the shoot-out.

Its driver, a 35-year-old Englishman, was shot during the incident. After being transported to hospital, the suspect was released without serious injuries, and arrested. A statement released by police states that "all detainees

are part of distinct criminal organisations dedicated to introducing drugs to the European Union through national territory, and respective investigations are currently ongoing with international cooperation".

Teenager killed in bike crash

A seventeen-year-old boy was killed during the early hours of Monday morning after a tragic bike accident that occurred on the EN526 near the Pêra water treatment station between Silves and Albufeira.

Identified as André Machado from Vila do Bispo, the youth was riding a pillion on a high-cylinder motorbike driven by a 45-year-old man, who also sustained injuries and was admitted to the Portimão Barlavento Hospital for treatment, though

has since been released.

Reports state that the bike ran into a kerb and was propelled against an electricity post before crashing into a nearby fencing.

As he was riding pillion, André took the brunt of the accident and suffered most from the impact.

He was pronounced dead at the scene by an emergency INEM medical team, his body subsequently transported to the Portimão morgue.

Sudoku

Fill in the grid so that every row, every column, and

every 3x3 box contains the digits 1 through 9.

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depending on your skill and experience.

4				2			
	5		6	1			4
	7	5			1	8	
5	7				6		
	9					3	
	4				1	2	
8	3			6	5		
9		1	8		4		
		2				9	

Last weeks solution:

1	5	6	8	2	7	9	4	3
4	7	9	5	1	3	6	8	2
3	2	8	9	6	4	5	1	7
2	3	4	6	5	9	8	7	1
8	6	7	1	4	2	3	9	5
9	1	5	7	3	8	4	2	6
6	4	3	2	8	1	7	5	9
5	9	1	4	7	6	2	3	8
7	8	2	3	9	5	1	6	4

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com



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The Mackenzie Sir Bobby Robson Golf Classic 2007

Sir Bobby Robson, the UK's ambassador for the Vila Sol brand is to unite at the Vila Sol Spa & Golf Resort in Vilamoura, on June 2nd 2007, with an international array of footballers and other sports stars to raise awareness for local social needs.

This year, in what is the event's 4th consecutive year, around 30 teams are participating and will include celebrities from the world of sports such as Francis Lee, Peter Schmeichel, Barry Hearn, Peter Shilton, George Cohen, Ray Clemence, Terry Neil, Warren Barton, amongst many others.

In 2004 Vila Sol was honoured to host the 'Sir Bobby Robson Golf Classic's first event, which saw all revenue go to the Refúgio Aboim Ascensão - Infant's Emergency, which is governed by Luís Villas-Boas.

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Sir Bobby Robson

Barrichello coming to Portugal

Rubens Barrichello (Honda F1 Racing Team) confirmed his presence at the official presentation of SolarCars at the golf course Quinta da Cima, in Tavira, Portugal, on the 23rd June 2007.

The Brazilian veteran racer will be joined by other guests of honour which will include HRH Dom Duarte Duque de Bragança, Mrs. Florence Mourge D'Algue (ex-champion PGA France), and His Highness Sheikh Mohammed bin Rashid Al Maktoum of the United Arab Emirates (not yet confirmed).

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Rubens Barrichello, European GP 2005

Captain's Drive In at Benamor Golf Club

In accordance with tradition the Golf Club of Tavira marked their change of Captains with a Captain's Drive In on Easter Sunday, 8 April.

The new Club Captain is Tony McHale and the new Lady Captain is Dottie Powell. They take over from Mike & Sandra Slater, who have been Club Captain and Lady Captain respectively for the past two years.

The winner of the Easter Cup, which preceded the Drive In, was Jorge Rosa with a magnificent 41 points. Runner up was David Lewis with 40 points.

Following the Drive In, 83

members sat down to a buffet lunch, which was followed by the prize giving.

In his introductory speech Tony McHale summarised the programme of competitions, which have been organised for the year ahead and informed the members how much he was looking forward to the challenges of the next twelve months.

Benamor will be hosting two major competitions in May and



(l/r) Mike Slater Immediate Past Captain, Tony McHale Captain, Dottie Powell Lady Captain and Sandra Slater Immediate Past Lady Captain.

June, namely a Charity Day on the 20th May in aid of the Association of Oncology of the Algarve and the First East Algarve Open Mixed Foursomes on the

25th June.

Applications for the Mixed Foursomes, may be obtained by sending an email to tony_mchale@hotmail.co.uk

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The man who failed Russia

He was always a heavy drinker, but until his health problems got bad in the mid-1990s he could usually hold his liquor. The real problem was that he was a man of action who didn't have an idea in his head. A lot of people kept trying to put ideas in there, but they just fell out the other side. So he freed Russia (and a lot of other countries) from Communism, but he didn't give it much else to work with instead.

Boris Yeltsin, who died at 76 on Monday, was brought to Moscow in 1985 to clean up the corruption in the capital by the man he eventually removed from power, the Communist reformer Mikhail Gorbachev. But the times were right for ambitious men to aim a lot higher, and Yeltsin was nothing if not ambitious, so by 1988 he had quit his position on the Communist Party's ruling body, the Politburo. He ran for the all-Moscow seat against the official Communist candidate in the first free election in Soviet history, and won in a landslide.

I first met Yeltsin soon after that in the basement cafeteria of the Supreme Soviet, just inside the Kremlin walls, which was the easiest place for foreign journalists to find and interview deputies to this new-fangled beast, the Congress of People's Deputies. It was one of the stars of the nascent Russian democratic movement, Galina Starovoitova, who introduced us, and the contrast between the two of them was quite stunning.

Starovoitova (who was murdered some years ago in a contract killing) was a genuine democratic hero, an intellectual who dedicated her life to the ideal of a free society. Yeltsin was a charming bruiser who ran mostly on instinct and was all too aware of his considerable charisma. Yet he was in practice the leader of his little band of democrats, the Inter-Regional Deputies Group.

The IRDG flourished for less than a year, and it had less than a tenth of the deputies to the Congress, most of whom were still Communist Party hacks. Its leaders, including famous dissident figures like scientist Andrei Sakharov and historian Yuri Afanasyev, were using their unprecedented access to the media to spread democratic ideas to the furthest corners of a country where such notions had been condemned and suppressed for seventy years, but they knew those ideas alone would not produce a democratic majority in any Soviet election in the near future.

Yeltsin, on the other hand, could win the election, but he had

no ideas at all. So they made him their leader, and during that year you rarely saw him without some leading light of the IRDG at his side, earnestly trying to fill this empty vessel with democratic ideals. Everybody meant well, I think, but the transplant didn't take, and by 1990 Yeltsin had moved on.

In the following two years he did two things that should have earned him the gratitude of both Russia and the whole world. Standing on a tank outside the White House in Moscow in August, 1991, he turned back the hardline Communist coup attempt that almost reversed the flow of history. And he did it practically single-handedly, by the force of his own personality.

The coup was amazingly incompetent, but it could have succeeded nevertheless, in which case we would still be dealing with a ramshackle Communist-ruled Soviet Union, sinking ever deeper into poverty and corruption and fighting insurgencies all around its perimeter: Upper Volta with rockets, indeed. What we have is much better than that.

Yeltsin's other great accomplishment, at the end of 1991, was to wind up the Soviet Union and set all of its constituent "republics" free. He did it for purely tactical reasons, but it was the last great act of decolonisation, and it spared us a generation of bloody struggles as the old Russian empire gradually fell apart. Despite tyranny in the 'Stans and war in Chechnya, what we have is much better than that, too. But then Yeltsin should have died or



Gwynne Dyer



Russian President Boris Yeltsin touches the red banner with the communist symbol in Kremlin, on 9th May 1996. This type of banner is officially named 'The Banner of Victory' and is used during the Victory Day celebrations. Former Russian president Boris Yeltsin died on the 23rd April at age 76, Russian news agencies reported. (PHOTO: LUSA/EPA/Dmitry Sokolov Pool)

at least retired, because he was a disaster and an embarrassment as the president of Russia.

There was the "shock therapy" prescribed by Harvard economist Jeffrey Sachs that ended all subsidies overnight, drove inflation to 2,000 percent, and wiped out the life savings of tens of millions of families. There

were the corrupt privatisation deals that created the "oligarchs" and the gangster culture. There was the armed assault on parliament in 1993 and the needless, futile, bloody attempt to subjugate Chechnya by force. Russia in the 1990s could have done a lot better than that.

Yeltsin's retirement on New

Year's Eve, 1999 was of a piece with all that: a cynical deal handing power to the former KGB chief, Vladimir Putin, in return for a guarantee that no legal inquiries would be made after he left office into the wealth accumulated by his family and his political associates during their time in power. There is not much genu-

ine mourning in Russia for Yeltsin today, and you can see why.

But he did get the two big things right, and that counts for a lot. History may take a kinder view of him than Russians do today.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

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Run for your life

Does the thought of pounding the streets fill you with dread? With the London Marathon fast approaching, there's no better time to motivate yourself and become a runner. Ex-footballer and London Marathon competitor Mark Bright tells us how to go from zero to hero.



We all know the benefits of regular exercise, and yet sometimes it's difficult to fit it into our busy lives. One of the easiest ways to get your heart racing is to run, and with the London Marathon coming up this weekend, there's no better time to motivate yourself and start pounding those streets.

Of course, nobody can run the

26 miles that over 30,000 competitors will be undertaking on Sunday straight away, but with a bit of training, even a novice will be able to cross the finishing line at The Mall this time next year.

And if that's not motivation enough, running is one of the most effective ways to burn calories, it tones your muscles, makes your heart more efficient, helps lower your blood pressure and cholesterol and also

increases your bone density, which is very helpful when you get older.

But how do you get started? Former professional footballer and London Marathon competitor Mark Bright lets us in on a few secrets.

MARK'S TIPS TO GO FROM ZERO TO HERO

:: Invest in the correct equipment. Normal sweaters will quickly get wet and heavy, and cotton socks will give you blisters, so get ones specially designed for running. Also wear leggings or cycling shorts to prevent any chafing.

:: To begin with, keep your runs short and slow. For complete novices, try running for one minute, walking for one minute and repeat, building up over the days and weeks to running for 10 minutes and walking for one. Eventually you will increase your endurance and stamina and be able to run more impressive distances.

:: Find your own natural running style. There is no correct way of running - look at Paula Radcliffe, for example! Just find your own comfortable technique.

:: Rest days are just as important as running days. Your body needs to recover so run every other day at the most, and if you do a particularly long run, take two days off.

:: Make sure you vary your training. A lot of people just jog - you need to do some speed work too, but only once you've built up some endurance.

:: The day before a big run eat right, drink plenty of water and have a good sleep.

THE IMPORTANCE OF DIET

It is vital that you eat the right stuff if you're going to start running on a regular basis.

"Food is fuel," Bright says.

"Carbohydrates are really important because they give you slow burn energy. If you're going to run in the evening, try and have pasta at lunchtime. That has then got plenty of time to digest and stock you up for the run."

You should also make sure you have a hot meal within an hour of finishing exercise.

"It could be just a noodle snack or something, something you can eat quickly to start building up your stores after they've been drained from your run," Mark says.

And it's not just food that's important. Make an effort to drink more water, and not just during a run - remember to hydrate yourself during the day too.

WARMING UP AND COOLING DOWN

The best way of warming up your muscles before a run is to do a brisk walk and some light stretches.

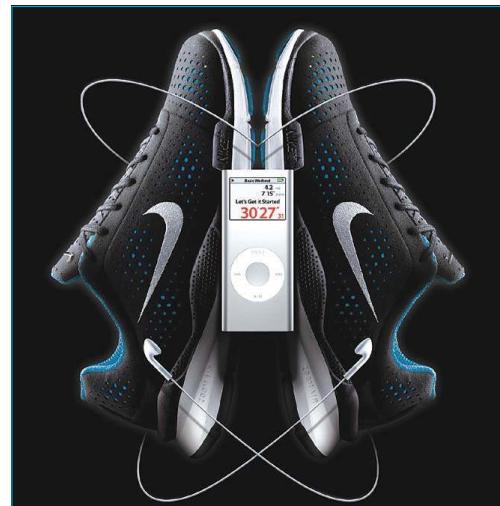
"If it's cold outside, wear leggings to keep your muscles warm," Mark advises. "When you run you are constantly pushing off your toes, so stretch your calves and hamstrings and do a little bit of upper body movement - swinging your arms and twisting at your midriff."

"If you are doing something like six to eight miles, start off running slowly and your body will naturally warm up."

The best way of cooling down is to take the last 10 minutes of your run easy.

"When you are coming to the end of your run, jog slowly and then walk back to your house," Mark says. "After you finish, you have to stretch otherwise you will completely tighten up."

Hold your stretches for 30 seconds and make sure you



Nike and Apple have teamed up and created a brilliant little gadget called Nike+, which connects your iPod Nano to your running shoes via a small chip inserted underneath the trainer's innersole. Your iPod can then tell you how far you have run, how long it took you, what pace you were going and how many calories you have burnt, which you can keep track of on screen or by audio feedback through your headphones.

don't bounce.

Try these ones out:

CALF - Stand with one foot in front of the other, the distance of a large step apart, with your toes pointing forward. Make sure your back heel is on the ground and, keeping your back leg straight, put both hands on your front knee and bend it.

HAMSTRING - Stand with your feet one small step apart. Put your weight on your back leg, bending it slightly, and stretch your front leg, flexing your foot upwards. Place your hands on your bent leg.

Put your weight on your back leg, bending it slightly, and stretch your front leg, flexing your foot upwards. Place your hands on your bent leg.

THIGH - Stand on one leg and pull your other leg up behind you, grabbing your ankle with your hand. Keep your back straight and push your hips forward to really feel the stretch.

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"Carbohydrates are really important because they give you slow burn energy. If you're going to run in the evening, try and have pasta at lunch time. That has then got plenty of time to digest and stock you up for the run."

bath or have a hot shower after your run," Mark says. "If you still ache and can afford a proper sports massage, do it. If not, get your husband, wife, boyfriend or girlfriend to do it for you."

If you have hurt yourself during your run, make sure you put ice on the injury as soon as you get back, but don't keep it on for longer than 20 minutes.

MOTIVATIONAL TOOLS

We could all do with a bit of motivation when it comes to running. Many people like to have a training partner so they can be geared up by each other.

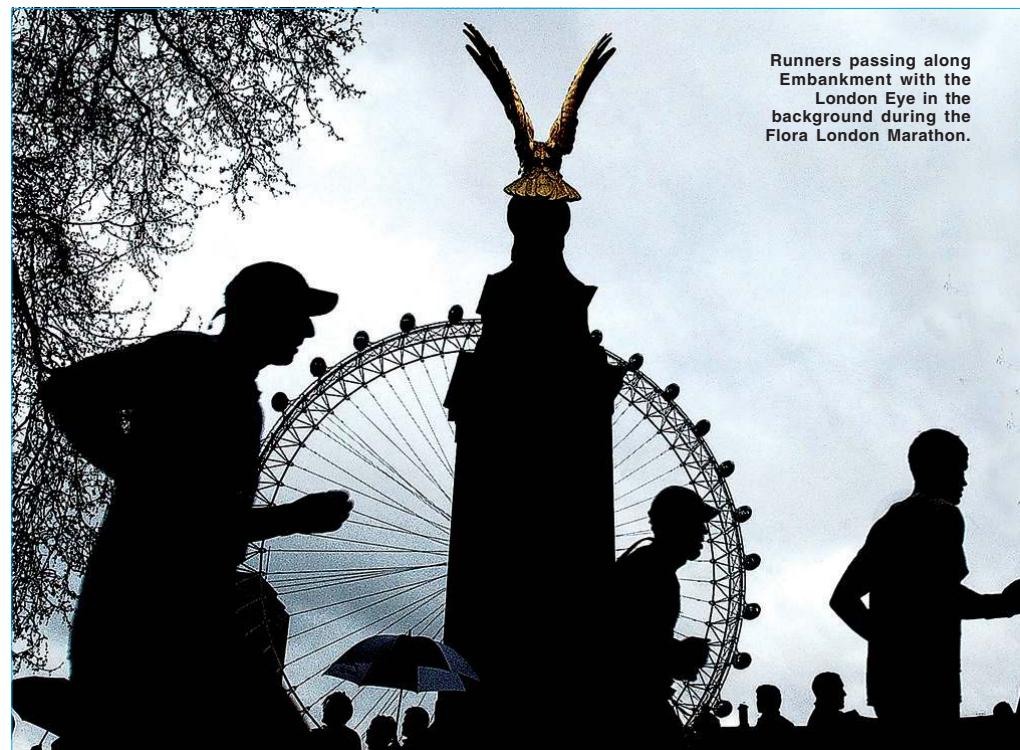
It's also a good idea to sign up for a race as soon as you feel up to it so you have a goal to work towards. Don't worry if you are not quite up to marathon stage yet - there are plenty of local fun runs to compete in.

Music is another great motivator, and now the clever bods

from Nike and Apple have teamed up and created a brilliant little gadget called Nike+, which connects your iPod Nano to your running shoes via a small chip inserted underneath the trainer's innersole.

Your iPod can then tell you how far you have run, how long it took you, what pace you were going and how many calories you have burnt, which you can keep track of on screen or by audio feedback through your headphones. You can then download that information onto your own personal profile at their website: www.nikeplus.com to keep track of your progress - and even challenge other members of the online community to run faster or further. For stockists of the Nike+ gear, call 00 44 (0)800 056 1640.

Gemma Quade



Runners passing along Embankment with the London Eye in the background during the Flora London Marathon.

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SAT

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Great British Menu. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Snooker: The World Championship. Coverage of the latest second-round matches. (T) 4.30 Final Score. (T)

5.15 BBC News; Regional News; Weather. (T) 5.35 Just for Laughs. A fishmonger reveals his cheeky side, a mouse causes chaos in a shoe shop and a man has a hair-raising experience at the gym. (T)

6.05 The National Lottery People's Quiz. Ten contestants battle it out in the studio. More at 9.35pm. (T)

6.45 Doctor Who. Part two of two. Dalek Sec returns in human form. (T)

7.30 Any Dream Will Do. Graham Norton oversees proceedings as the remaining 10 contestants take the stage and perform live, hoping to impress Andrew Lloyd Webber and judges Denise Van Outen, John Barrowman, Bill Kenwright and Zoe Tyler. Viewers at home are then invited to vote for the hopeful they feel has what it takes to wear the Technicolor Dreamcoat. Results can be seen at 9.45pm. (T)

8.35 Casualty. Paramedic Josh is on a plane to Holby when he is forced back into action by an emergency involving a suspected suicide bomber. Selena informs Nathan she is pregnant and the pair make a decision, while Sam notices Tess and Abe are behaving in an unusual manner. Medical drama, starring Ian Beale. (T)

9.25 The National Lottery People's Quiz. The earlier winner selects one contestant from the remaining nine to compete against for a place in the grand final. Michael Ball presents the all-important Lotto, Dream Number and Thunderball draws. (T)

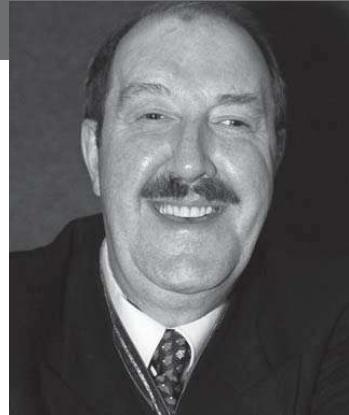
9.45 Any Dream Will Do. Graham Norton returns to reveal who will be the third contestant to leave the competition. (T)

10.15 BBC News; Weather; (T) National Lottery Update.

10.30 Match of the Day. Gary Lineker presents highlights of today's Premiership clashes, including Everton v Manchester United and Chelsea v Bolton Wanderers as the race for the title continues. Plus action from the bottom of the table as Sheffield United welcome Watford and Wigan Athletic take on West Ham United, with both fixtures set to have a huge impact on the relegation places. (T)

11.50 Cricket World Cup. Highlights of the final at the Kensington Oval in Barbados. (T)

12.50 Friday Night with Jonathan Ross; (R) (T) Weatherview. 1.55 Sign Zone: The Haughty Bikers Ride Again. (R) (T) 2.25 Sign Zone: Horizon. (R) (T) 3.15 Sign Zone: To Buy or Not to Buy. (R) (T) 4.00 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



BBC2

6.00 CBeebies: Teletubbies. (R) (T) 6.30 Balamory; (R) (T) CBeebies Birthdays. (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Arthur. (R) (T) 7.35 The Underdog Show on CBBC. (R) (T) 8.00 Watch My Chops. (R) (T) 8.15 Mona the Vampire; (R) (T) Bernard. (T) 8.35 The Story of Tracy Beaker. (R) (T) 9.00 Hider in the House. (T) 10.00 The Underdog Show on CBBC. (R) (T) 10.30 Totally Doctor Who. (R) (T) 11.00 The Story of Tracy Beaker; (R) (T) Bernard. (T) 11.30 The Fairly OddParents. (R) (T) 11.45 Sportsround. (T) 12.00 See Hear; (T) Coast. (T) 12.35 FILM: The Magnificent Showman (1964). Circus drama, starring John Wayne. (T) 2.50 FILM: Riddle of the Sands (1978). Period spy thriller, with Simon MacCorkindale. (T) 4.30 Superstorm. (R) (T) 5.30 Snooker: The World Championship. Live coverage from the second round. (T) 8.30 Porridge. Fletcher objects to having a third cell-mate foisted on him, especially as the newcomer seems to enjoy special privileges. Comedy, starring Ronnie Barker. (R) (T) 9.00 The Return of 'Allo 'Allo! Documentary featuring a new episode of the comedy, interspersed with a look at the history of the series. Gorden Kaye leads the returning cast and celebrity fans discuss the show. (T) 10.45 'Allo 'Allo! (R) (T) 11.20 Have I Got a Bit More News for You. (T) 12.00 The Apprentice. (R) (T) 1.00 Snooker: The World Championship. (T) 1.50 Snooker Extra. (T) 3.50 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Nothing But Natasha Bedingfield. (T) 9.25 T4: Musicool. (R) (T) 10.30 T4: Popworld. (R) (T) 11.20 T4: Friends. (R) (T) 11.50 T4: Natasha Bedingfield; T4 Special. (T) 12.25 T4: Shipwrecked 2007: The Hutman Diaries. (R) (T) 12.55 T4: Shipwrecked 2007: Battle of the Islands. (R) (T) 2.00 Channel 4 Racing from Sandown Park and Ripon. Including the 3.15 Betfred Gold Cup Chase (H'cap) (3m 5 1/2f). (T) 4.10 Location, Location, Location. (R) (T) 4.45 Deal or No Deal Classic. (R) 5.35 Monarchy by David Starkey. (R) (T) 6.35 Channel 4 News. (T) 7.00 Prince Charles: The Bachelor Years. Documentary recounting the future monarch's antics during the 1970s, when the young royal dated a number of aristocratic women and was regarded as the world's most eligible bachelor. (R) (T) 8.00 Face of Britain. Searching for Viking DNA on Orkney. Last in series. (T) 9.00 FILM: Phone Booth (2002). An arrogant publicist becomes the target of an unseen sniper when he answers a public telephone. Tense and absorbing thriller, starring Colin Farrell and Keisha Sutherland. (T) 10.30 FILM: The Firm (1993). Harvard graduate Tom Cruise gradually begins to realise the high-class company he's been head-hunted to work for is controlled by the Mafia. Legal thriller, with Gene Hackman. (T) 1.20 4Music: 4Music Presents: Lostprophets. (R) (T) 1.50 4Music: Rockfeedback. (R) 2.15 FILM: Slam (1998). Drama, starring Saul Williams. (T) 4.00 FILM: Hav Plenty (1997). Romantic comedy, starring Christopher Scott Cherot. (T) 5.25 Countdown. (R) (T)

6.00 Sunrise. 6.55 Milkshake! Franklin. (R) (T) 7.25 Mist: Sheepdog Tales. (T) 7.35 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 The Book of Pooh. (R) (T) 9.00 Ebb and Flo. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flowertots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 World's Strongest Man. (R) (T) 11.00 Making of the World's Strongest Man. (R) (T) 12.00 FILM: Whispering Smith (1948). Detective Western, starring Alan Ladd. (T) 1.40 FILM: Six Black Horses (1962). Frontier drama, starring Audie Murphy. (T) 3.10 FILM: Columbo: Double Shock (1973). Detective drama, starring Peter Falk. (T) 4.45 FILM: Born To Be Wild (1995). Adventure, starring Wil Horneff. (T) 6.35 FILM: Blind Date (1987). A yuppie businessman takes a prime date to an all-important business dinner - but she throws the evening into chaos by getting hopelessly drunk. Romantic comedy, with Bruce Willis and Kim Basinger. (T) 8.10 five news and sport. (T) 8.30 NCIS. Tony goes undercover to help a prisoner escape as part of his plan to recover millions of dollars' worth of stolen Iraqi art. However, the detainee is not all he seems. (R) (T) 9.25 CSI: NY. Mac and Stella look into the death of an estate agent, while Danny and Hawkes investigate a murder linked to the new sport of shopping trolley racing. Gary Sinise stars. (T) 10.25 Law & Order. (T) 11.25 Grey's Anatomy. (R) (T) 12.25 Grey's Anatomy. (R) (T) 1.25 Quiz Call. 5.35 Wildlife SOS. (R) (T)

FIVE

LOCAL

Best of the Rest

RTP1
0700 Brinca Comigo 0900 Ecoman 1000 O Ultimo Leopardo 1100 Descobrir Portugal 1200 A Minha Sogra é um Bruxa 1230 Destinos.Pt 1300 News 1415 Top 2100 A Voz do Cidadão 2115 Danca Comigo 2315 Just Cause, film

RTP2
0645 Weather 0700 Euronews 0730 Africa 7 Days 0800 News 0900 University 1200 Vida po Vida 1230 Câmara Clara 1330 Bombardeiro 1400 Parlament 1500 Sport 1900 Couto & Coutadas 1930 Geração Cientista 2000 Hi Puffy Ami Yumi 2030 Kulto 2100 Vidas 2150 Loto Draw 2200 News

SIC
0700 Children TV 0900 Disney Kids 1100 Uma Aventura 1200 Our World 1300 News 1400 Extase 1500 Ugly Betty 1700 Ghost Whisperer 1800 Film TBA 2000 News 2130 Desoreverbudis 2215 Página da Vida 0000 Film TBA

TVI
0700 Children TV 1000 O Banho Dos Quatro 1130 DeLuxe 1300 News 1400 Heroes 1600 Film TBA 1800 Film TBA 2000 News 0045 Film TBA 0430 As Feiticeiras

BBC3
7.00 The Real Hustle 7.30 Doctor Who Confidential 8.15 Top Gear 9.15 Little Britain 9.45 The Planet's Funniest Animals 10.00 The Planets 11.15 The Planets 12.10 Two Pints of Lager and a Packet of Crisps 12.10 Two Pints of Lager and a Packet of Crisps 12.40 Ideal 1.10 Rush Hour 1.40 The Real Hustle 2.10 Two Pints of Lager and a Packet of Crisps 2.40 Two Pints of Lager and a Packet of Crisps 3.10 Ideal 3.40 Rush Hour 4.40 Close

BBC4

7.00 Europe: A Natural History

7.50 The Lost World 9.05 Edwardian Supersize Me 10.05 The Edwardian Larder 11.05 Shopping for England 12.05 10 The Best Egar 1.05 Originals: Robyn Hitchcock 2.05 Europe: A Natural History 2.55 Edwardian Supersize Me 3.55 Close

ITV2

2.35 Holiday Showdown 3.35 Cruises Undercover 4.35 Who Wants to Be a Millionaire? 5.35

5.35 Wants to Be a Millionaire? 5.35

The Planet's Funniest Animals 6.00 Nanny 911 7.00 Smallville 8.00 Filthy Homes from Hell 9.00 Greased Lightnin' 10.00 The Planet's Funniest Animals 10.30 Greased Lightnin' 11.00 Film: Twins PG (1988) 1.10 Grease Is the Word: Live 2.30 Grease Is the Word Results 2.55 Make Your Play: ITV Play 3.40 Emmerdale 6.00 Close

Sky One

1.00 Bones 2.00 Bones 3.00 Relic Hunter 4.00 The Dog Whisperer 4.30 The Dog Whisperer 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Malcolm in the Middle 6.30

Malcolm in the Middle 7.00 Futurama 7.30 Futurama 8.00 Cold Case 9.00 Bones 10.00 24 11.00 Nip/Tuck 12.05 Cold Case 1.00 I'm Still Alive 1.50 Naked in Blackpool 12.10 Red Light Girls 3.30 Star Trek: The Next Generation 4.20 Star Trek: The Next Generation 5.10 Zoids 5.35 Zoids

UKTV Gold

1.10 My Family 1.45 My Family 2.25 Keeping Up Appearances 3.10 Keeping Up Appearances 3.50 Keeping Up Appearances 3.50 Keeping Up Appearances 4.30 My Family 5.10 My Family 5.50 My Family 6.25 Film: Junior PG (1994) 8.30 Jim'll Fix It 8.30 Terminator 3: Rise of the Machines 12 (2003) 11.15 Film: Raw Deal 18 (1986) 1.20 Have I Got a Bit More News for You 2.00 Room 101 2.30 The House of Elliott 3.25 The House of Elliott 4.15 The House of Elliott 5.05 The House of Elliott

TCM

1.30 The Petrified Forest PG (1936) 3.00 The Maltese Falcon PG (1941) 4.50 Please Don't Eat the Daisies U (1960) 7.00 Mrs Sofield PG (1984) 9.00 Interview with the Vampire 18 (1994) 11.15 Classic Shorts 2006 11.35 Classic Shorts 2006 11.55 The Dirty Dozen 15 (1967) 2.40 Classic Shorts 2008 3.05 High Society PG (1941) 4.45 TeleShopping

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Halloweentown U (1998) Spooky adventure. Debbie Reynolds stars.

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28 APR

Pick of the Day

ITV1

The Return of 'Allo 'Allo! (BBC2, 9pm)

Fans of this Eighties comedy will be overjoyed the Beeb has decided to not only make a documentary about the hit show, but also commission a new episode of the sitcom. For those lacking in long memories, the programme ran for 10 years from 1982 and spoofed war-based films and dramas, in particular, a Seventies BBC One series about the resistance movement called Secret Army. Crammed full of weird and wonderful characters - including cafe owner Reni Artos (Gorden Kaye), a fey Nazi called Lieutenant Gruber (Guy Siner), and Herr Flick (Richard Gibson), an aide to the Gestapo who was fixated with a painting infamously called the Fallen Madonna with the Big Boobies - the programme spawned a number of catchphrases, including 'you stupid woman!' and, of course, 'listen very carefully, I shall say this only once'. This insight into the international hit sees clips from the original eight series and a new instalment which has Kaye returning to lead the cast as Rene sets about writing his memoirs. Co-stars, including Vicki Michelle, Kirsten Cooke and Arthur Bostrom, also contribute, while a French correspondent, a German comedian and celebrity fans discuss 'Allo 'Allo's impact.

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Grizly Tales for Gruesome Kids. (R) (T) 9.50 Tricky Quizzes. (R) (T) 9.55 Art Attack. (T) 10.20 The Amazing Adrenalin Brothers. (T) 10.30 Jungle Run. (R) (T) 11.00 King Arthur's Disasters. (R) (T) 11.30 Drake & Josh. (R) (T) 12.00 Saturday Cooks! (T) 1.30 ITV News and Weather. (T) 1.35 London Today; Weather. (T) 1.40 American Idol. (T) 2.40 The Planet's Funniest Animals. (T) 3.00 FILM: Smokey and the Bandit II (1980). Road comedy, starring Burt Reynolds. (T) 4.55 London Tonight; Weather. (T)

5.10 ITV News and Sport; Weather. (T)

5.25 You've Been Framed: Harry Hill narrates a selection of home-video howlers on the theme of holidays, featuring travellers falling victim to 'the curse of the white plastic chair'. (R) (T) 6.25 Vernon Kay's Gameshow Marathon. The host revives The Golden Shot, in which the celebrity contestants try to correctly guide a blindfolded cameraman to fire at a picture target for a place in the quarter-finals. (T)

7.30 Grease is the Word: Live. Zoe Ball presents the first of the knockout studio rounds. The contestants have now been sorted into eight couples and over the next seven weeks will sing their hearts out in a bid to become the viewers' choice for the roles of Sandy and Danny. However, they'll also have to impress the judges, who - if the auditions are anything to go by - aren't going to pull any punches, so it remains to be seen how the duos will fare as they perform disco classics. The result can be seen at 10pm. (T)

9.00 Who Wants to Be a Millionaire? Another group of contestants line up for the chance to take the hotseat and answer 15 questions in the hope of winning #1million. Presenter Chris Tarrant invites the hopefuls to take advantage of lifelines Ask the Audience, Phone a Friend and 50-50 if they get stuck. (T)

10.00 Grease is the Word Results. The two couples with the fewest public votes perform again in a Grease sing-off before the panel of judges - and for one, the dream of West End stardom comes to an end. (T)

10.30 The Dame Edna Treatment. The self-styled megastar invites Aussie cricketer Shane Warne, former MASH actor Alan Alda and journalist Boris Johnson to her luxurious spa, where she tries to soothe their woes in her inimitable style. Edna takes the stage to sing a duet with Sophie Ellis-Bextor, who also performs her latest single Me and My Imagination. The errant Valmai offers her unique brand of assistance and Sir Les Patterson dispenses words of wisdom. Last in series. (T)

11.30 ITV News and Weather. (T)

11.45 FILM: Hope Floats (1998). Romantic drama, starring Sandra Bullock. (T)

1.50 Make Your Play; ITV News Headlines. 3.50 Don't Move, Improve. (R) (T) 4.30 Don't Move, Improve. (R) (T) 5.00 ITV Nightscreen.

MOVIES

Sky Movies Drama

6.30 Shergar PG (1999) 8.10 Elvis: The Early Years 9.50 Her Own Rules PG (1998) 11.30 The Sign of Four PG (2001) With Matt Frewer. 1.30 Shergar PG (1999) With Ian Holm. 3.10 Elvis: The Early Years 4.40

4.40 The Sign of Four PG (2001) With Matt Frewer. 6.30 Her Own Rules PG (1998) With Melissa Gilbert. 8.00 Evita PG (1996) With Madonna. 10.50 Shall We Dance? 12 (2004) With Richard Gere. 12.20 Hustle and Flow 15 (2005) With Terrence Howard. 2.20 Moonlight and Valentino 15 (1994) With Elizabeth Perkins. 4.20 Shergar PG (1999)

Sky Movies Comedy

6.00 The Pirates of Penzance U (1982) 7.55 Teen Wolf PG (1985) 9.35 Bean PG (1997) 11.10 Without a Paddle 12 (2004) With Seth Green. 12.55 Teen Wolf PG (1985) With Michael J Fox. 2.45 Man of the House 12 (2005) With Tommy Lee Jones. 4.35 She's Having a Baby 15 (1988) With Kevin Bacon.

6.25 Bean PG (1997) With Rowan Atkinson. 8.00 The Wedding Date 12 (2005) With Debra Messing. 10.00 Man of the House 12 (2005) With Tommy Lee Jones.

Sky Movies

Comedy

6.00 The Pirates of

Penzance U (1982)

7.55

Teen Wolf PG (1985)

9.35

Bean PG (1997)

11.10

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12.55

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4.35

She's Having a Baby 15 (1988)

With Kevin Bacon.

6.25

Bean PG (1997)

With Rowan Atkinson.

6.00 Breakfast. (T) 7.35 Match of the Day. (R) 9.00 Sunday AM; (T) BBC News. (T) 10.00 Heaven & Earth with Gloria Hunniford. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 Keeping Up Appearances. (R) (T) 1.30 'Allo 'Allo! (R) (T) 2.00 Diagnosis Murder. (R) (T) 2.45 Cash in the Attic. (R) (T) 3.15 EastEnders. (T)

5.10 Points of View. With Terry Wogan. (T) 5.25 Songs of Praise. Jonathan Edwards visits Chelmsford to discover which aspects of their county town the local people would like to preserve. Heather Small and Cantate perform in Chelmsford Cathedral. (T)

6.00 Castaway. Danny Wallace introduces a new face to the islanders. (T)

6.35 Antiques Roadshow. Updates on objects valued on the show. Last in series. (T)

7.35 BBC News: Regional News; Weather. (T)

8.00 Victoria's Empire. New series. Victoria Wood travels from India to Zambia in an epic journey uncovering the legacy of British rule abroad under Queen Victoria.

She begins her tour in Kolkata, taking a taxi through the city to see the remnants of life under the Raj, before visiting Darjeeling and Hong Kong. The first leg of the trip ends in Borneo, where Victoria comes face to face with the descendant of a chief head-hunter. (T)

9.00 Superstorm. The team face a crisis of conscience as the hurricane carves a path of destruction toward New York. The decision is made to try to nudge it off course in the hope of avoiding a direct hit on the city. However, as the superstorm shifts direction, it forges a route to Stormshield's Long Island base - leaving them no time to make an escape. Last in series, starring Tom Sizemore and Nicola Stephenson. (T)

10.00 BBC News; Weather. (T)

10.15 BBC One Sessions: Yusuf Islam. The artist formerly known as Cat Stevens performs in a Moroccan cafe-style set at the Porchester Hall, London. He sings classic tracks such as Father and Son, Peace Train, Wild World and Where Do the Children Play? alongside material from his album An Other Cup. (T)

11.05 3lbs. Hansons' former mentor (Frances de la Tour) encourages him to push the boundaries of medical science, and a married woman's condition threatens to expose her love affair. (T)

11.45 FILM: Simply Irresistible (1999). Romantic comedy, starring Sarah Michelle Gellar; (T) Weatherview.

1.20 Sign Zone: Antiques Roadshow. (R) (T) 2.10 Sign Zone: Holby City. (R) (T) 3.10 Sign Zone: To Buy or Not to Buy. (R) (T) 3.55 BBC News 24. (T)



6.00 CBeebies: Teletubbies. (R) (T) 6.30 Balamory; (R) (T) CBeebies Birthdays. (T) 6.50 Step Inside. (R) (T) 7.00 CBeebies: Batfinck. (R) (T) 7.10 Legend of the Dragon. (R) (T) 7.30 Smile. (T) 10.00 Something for the Weekend. (T) 11.30 FILM: The Black Rose (1950). Adventure, with Tyrone Power. (T) 1.30 Rugby Union. (T) 1.55 Live Gymnastics. The European Individual Championships. (T) 3.00 Snooker: The World Championship. Coverage of two second-round matches. (T) 5.30 Big Cat Diary Family Histories. (R) (T) 6.00 Snow Geese: The Desert Storm. (R) (T) 6.10 Natural World. (R) (T) 7.00 Snooker: The World Championship. Ray Stubbs, Steve Davis and John Parrott present live coverage of this evening's second-round matches at the Crucible Theatre in Sheffield. (T) 10.00 The Science of Superstorms. A look at the future of weather modification. Densely populated urban centres in East Asia are under threat from storms brought about by climate change, and scientists predict New York will almost certainly be hit by a hurricane in the near future. Research into ways of preventing such calamitous events is becoming more and more important, but the question of ethics remains key, as many believe tampering with nature in such a way is inherently wrong. Last in series. (T) 10.30 Match of the Day 2. (T) 11.15 Graham Norton Uncut. (T) 12.00 Roman's Empire. (R) (T) 12.30 Snooker: The World Championship. (T) 1.20 Snooker Extra. (T) 3.20 Close.

Everybody Hates Chris (five, 6.20pm)

Watching him strut his stuff on stage in his super-slick suits, it's hard to imagine Chris Rock was once a geeky schoolboy with a remarkable knack for getting into trouble. But in the first series of the semi-autobiographical comedy, viewers were introduced to the teenage version of the veteran stand-up, and liked what they saw. The second season of the hit US show begins this week. Chris and his dysfunctional but loving family continue to struggle to pay the bills, get through the day and not be robbed more than once a week. Set in the Bedford-Stuyvesant area of Brooklyn, New York, in the 1980s, it offers a cringing look at an era of peculiar fashions and baffling music. The first part of the opening double bill finds Chris working up the courage to ask a girl on a date. Yvette is a new kid on the block and Drew confidently assures Chris that she will go out with anybody. "That's my kind of girl," her hen says. Everybody queues up to give the lad advice - not to mention cologne - and he is thrilled when Yvette agrees to go to the cinema with him. However, when Chris is stood up he struggles to make sense of Yvette's rejection. Will tickets to a show in the park make any difference? Also in this episode, crime is on the increase in the community - as Chris puts it, "even the muggers were getting mugged" - and irrepressible mum Rochelle is provoked into starting a Block Watch scheme when Julius's truck is stolen. But she soon butts heads with new neighbour Louise, guest star Whoopi Goldberg, who has her eye on the title of 'Block Watch Captain'.

Pick of the Day

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.55 Five Oceans Ultimate Solo Challenge. 8.20 New Shoots: Films from Disabled Directors. (T) 8.50 T4: Friends. (R) (T) 9.20 T4: Hollyoaks. (T) 11.50 T4: Shipwrecked 2007: The Hutcum Diaries. (T) 12.20 T4: Musicoal. (T) 1.25 T4: TBA: Amy Winehouse. (T) 1.55 T4: Pussycat Dolls Present: The Search for the Next Doll. (T) 2.55 T4: The OC. (T) 3.55 T4: Ugly Betty. (R) (T) 4.55 Deal or No Deal. (T) 5.40 Scrapheap Challenge. (T) 6.40 Shipwrecked 2007: Battle of the Islands. (T) 7.40 Channel 4 News. (T) 8.00 Wife Swap. A mother who caters to her children's every whim and gives them free rein to make their own rules swaps places with a woman who believes youngsters need routine and discipline. (T) 9.00 Fat Man's Warning. Comedian Steve Daly highlights the dangers of obesity. (T) 10.00 FILM: Shaft (2000). Samuel L Jackson plays a streetwise cop in this slick update of the classic blaxploitation thriller, which sees the detective chasing a racist criminal. With Christian Bale. (T) 11.50 4Music: TBA: Amy Winehouse. 12.40 4Music: The JD Set Presents: Birth-day. (R) (T) 1.30 Six Shooter. (R) (T) 2.00 Eromania. (R) (T) 3.00 My Other Wheelchair Is a Porsche. (R) (T) 3.10 Can't Stop Eating. (R) (T) 4.10 Fat Man's Warning. (R) (T) 5.10 Countdown. (R) (T)

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 Fifi and the Flowertots. (R) (T) 6.25 Franny's Feet. (R) (T) 6.40 Sailor Sid. (R) (T) 6.45 Bink Bath. (R) (T) 6.50 Franklin. (R) (T) 7.15 Mist: Sheepdog Tales. (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 7.55 Say It with Noddy. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 The Book of Pooh. (R) (T) 9.00 Ebb and Flo. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flowertots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Property Developing Abroad. (R) (T) 11.00 Build a New Life in the Country. (R) (T) 12.00 Holiday House Guest. (R) (T) 1.00 FILM: Frenchie (1950). Western, starring Shelley Winters. (T) 2.30 FILM: Zeppelin (1971). World War One adventure. Michael York stars. (T) 4.30 five news and sport. 4.50 FILM: Dr Dolittle 2 (2001). Comedy sequel, starring Eddie Murphy. (T) 6.20 Everybody Hates Chris. (T) 6.45 Everybody Hates Chris. (T) 7.10 Joey. New series. Part one of two. Joey worries about his career. (T) 7.35 Joey. Part two of two. Joey learns he failed his audition. (T) 8.00 Grey's Anatomy. Meredith learns a secret about her father. (T) 9.00 Grey's Anatomy. Burke feels the pressure when he treats his idol. (T) 10.00 FILM: Thelma & Louise (1991). Two women head off for a weekend of freedom on the open highway - until an encounter with a would-be rapist turns them into fugitives. Stirring road movie, starring Geena Davis. (T) 12.30 Great BUPA Run: Ireland. 1.05 Major League Baseball. St Louis Cardinals v Chicago Cubs. 4.30 Major League Soccer.

Best of the Rest

BBC3

7.00 Castaway Exposed 7.30 The Dog Borstal Unleashed 8.00 Doctor Who 8.45 Doctor Who Confidential 9.00 F*** Off, I'm Ginger 10.00 The Panic Room 10.55 Two Prints of Lager and a Packet of Crisps 11.25 Two Prints of Lager and a Packet of Crisps 12.00 Rush Hour 12.30 F*** Off, I'm Ginger 1.20 Two Prints of Lager and a Packet of Crisps 1.55 Two Prints of Lager and a Packet of Crisps 2.25 The Panic Room 3.25 Dog Borstal Unleashed 3.55 Close

BBC4

7.00 Carmen Miranda: Beneath the Tutti Frutti Hat 8.00 The Lost World of Mitchell and Kenyon 9.00 The Worst Journey in the World 10.00 Film: Scott of the Antarctic (1948) 11.45 Frank Hurley: The Man Who Made History 12.45 Edwardians in Colour: The Wonderful World of Albert Kahn 1.45 Never Mind the Full Stops 2.15 The Worst Journey in the World 3.15 Frank Hurley: The Man Who Made History 4.15 Close

ITV2

2.30 Coronation Street 4.55 Vernon Kay's Gameshow 6.00 Teletubbies 6.30 The Simpsons 5.00 The Simpsons 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Dream Team 9.00 24.10 Lost 11.00 Rescue Me 12.00 The Dresden Files 1.00 Battlestar Galactica 1.50 Battlestar Galactica 2.40 Star Trek: The Next Generation 3.30 Star Trek: The Next Generation 4.20 Very Worst 5.10 Star Trek: Voyager 5.15 Drama Close Up 5.45 William Shakespeare's The Merchant of Venice (PG) (2004) 3.05 The Thin Blue Line 3.45 dinnieradies 4.25 Open All Hours 5.05 Jim'll Fix It Strikes Again 5.40 TV Now and Then 6.20 Some Mothers Do 'Ave 'Em 7.00 The Thin Blue Line 7.40 dinnieradies 8.20 Open All Hours 9.00 Dalziel and Pascoe 11.00 Only Fools and Horses 12.30 Dalziel and Pascoe 2.20 Room 101 2.50 I've Got 2001 for You 3.25 The House of Elliott 4.30 The House of Elliott 5.35 Neighbours

TCM

1.30 The Belle of New York (1952) 3.00 Marlowe (PG) (1969) 4.50 Doctor Zhivago (PG) (1965) 8.25 Off Set 9.00 Gods and Monsters 15 (1998) 11.00 Classic Shorts 2006 11.15 Classic Shorts 2006 11.25 The Outfit 15 (1973) 1.20 Classic Shorts 2006 1.35 Dark of the Sun 12 (1968) 3.30 Terror on a Train PG (1953) 4.45 Teleshopping

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: The Proud Family Movie U (2005) Animated fun, with the voice of Kyla Pratt.

MOVIES

Sky Movies Drama

6.00 A Father's Son PG (1999) 7.50 Elvis: The Early Years 9.35 Between Love and Honor PG (1995) 11.25 William Shakespeare's The Merchant of Venice PG (2004) With Al Pacino. 1.40 A Father's Son PG (1999) With John Schneider. 3.30 Elvis: The Early Years 5.15 Drama Close Up 5.45 William Shakespeare's The Merchant of Venice PG (2004) With Al Pacino. 8.00 Crash 15 (2004) With Brendan Fraser. 10.00 Kinsey 15 (2004) With Liam Neeson. 12.10 The Aviator 12 (2004) With Leonardo DiCaprio. 3.05 Forgiven Sins 15 (1996) 4.50 Between Love and Honor PG (1995)

Sky Movies Comedy

6.35 Christmas with the Kranks PG (2004) 8.15 A Young Connecticut Yankee in King Arthur's Court PG (1994) 9.55 Bad News Bears 12 (2005) 11.50 The Honeymooners PG (2005) With Cedric the Entertainer. 1.25 Woo 15 (1998) With Jada Pinkett Smith. 3.00 The Wedding Singer PG (1998) With Adam Sandler.

Sky Movies Action

7.05 Conan the Barbarian 15 (1981) 9.15 The Poseidon Adventure 10.50 Force of Impact PG (2005) 12.35 Painkiller Jane 12 (2005) With Emmanuelle Vaugier. 2.10 The Saint 12 (1997) With Val Kilmer. 4.15 Conan the Barbarian 15 (1981) With Arnold Schwarzenegger. 6.25 Force of Impact PG (2005) With Antonio Sabato Jrn. 8.00 Dead Calm 15 (1988) With Nicole Kidman. 10.00 The Saint 12 (1997) With Val Kilmer. 12.05 Naked and Sexual 18 (2005) With Shyla LaVeaux. 1.40 The Poseidon Adventure 3.10 Bulletproof 18 (1996) 4.40 Bet Your Life 15 (2004)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Football First 8.30 Football First 10.00 Jimmy Hill's Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football League, Crystal Palace v Derby County (Kick-off 1.30pm). 3.30 Live Football Special, Arsenal v Fulham (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Spanish Football 8.00 Live Spanish Football, Athletic Bilbao v Real Madrid (Kick-off 8.00pm). 10.00 Football League Review 11.00 Football Special 12.30 Super Sunday: The Last Word 1.00 Live WWE Wrestling. Coverage of the second round of the World Championship. 5.30 Artistic Gymnastics 6.30 Motorsports Weekend 7.00 Live Snooker. The second round of the World Championship. 10.00 World Superbikes 12.00 Motorsports Weekend 12.30 Close

Sky Sports 2

6.00 America's Cup Sailing 7.00 A1 Grand Prix 9.00 Super League 10.30 Live Cricket. Somerset Sabres v Sussex Sharks. 6.30 Sky Sports Classics 7.00 World Sport 7.30 Golf Night 10.00 America's Cup Sailing 11.00 NFL Draft 1.00 Golf Night 3.30 NFL Draft 5.30 Close

Sky Sports 3

6.00 Rugby Union 7.30 Spanish Football 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 World Sport 11.30 Racing News 12.00 Wild Sports 12.30 Live America's Cup Sailing. The latest from the Louis Vuitton

Cup. 1.30 Live A1 Grand Prix. The British Grand Prix at Brands Hatch. 5.00 Live Motor Racing. The Kansas Lottery Indy 300. 7.30 British Superbikes 11.00 Cricket 12.00 US Superbikes 2.00 Motor Racing 4.30 Close

British Eurosport

7.30 UEFA Cup Football 8.30 Snooker 9.00 Women's Football 9.40 World Superbikes 10.30 Live World Superbikes. Coverage of the first race from Assen. 12.00 Live Women's Football, Arsenal v Umea (Kick-off 12.00pm). 2.00 Live World Superbikes. Coverage of the second race from Assen, Holland. 3.30 Live Snooker. Coverage of the second round of the World Championship. 5.30 Artistic Gymnastics 6.30 Motorsports Weekend 7.00 Live Snooker. The second round of the World Championship. 10.00 World Superbikes 12.00 Motorsports Weekend 12.30 Close

Sky Sports Xtra

6.00 Golf Night 7.30 Speedway 10.30 US Superbikes 12.30 Live European Tour Golf. The Open de Espana. 4.30 World Sport 5.00 WWE: Experience 6.00 Live NBA Basketball, Miami Heat v Chicago Bulls (Tip-off 6.00pm). 8.30 A1 Grand Prix 10.30 Rally World 11.00 WWE: Late Night - Afterburn 12.00 WWE: Heat 1.00 Spanish Football 3.00 World Sport 3.30 Cricket 4.30 America's Cup Sailing 5.30 Close

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TUE

BBC1

6.00 Breakfast. (T) 9.15 Found. (T) 10.00 Homes Under the Hammer; (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather. Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 Watch My Chops. (R) (T) 4.00 The Basil Brush Show. (R) (T) 4.30 Extreme Animals. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Ned's guilty conscience rouses Alison's suspicions, while Dylan puts his jealousy of Stingray aside when Kerry has a health scare. Lolly runs away from home. (R) (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 6.55 Party Election Broadcast. The Labour Party look ahead to the local elections on Thursday. (R) (T)

7.00 Castaway. Danny Wallace discovers how the newest member of the community is adapting to life on the island, as well as how the other volunteers are coping with the latest arrival. Reality series following a group of volunteers stranded off the coast of New Zealand, who must survive for 12 weeks without electricity or running water. (T)

7.30 EastEnders. Dot grows concerned her secret will be discovered when she finds Honey has taken George to the doctor, while May has to lie when her sister turns up unexpectedly. (T)

8.00 Holby City. (T) 9.00 Crimewatch. Nick Ross and Fiona Bruce present an appeal for information on a gang of bank robbers who terrorise their victims before stealing hundreds of thousands of pounds. Plus, the latest on the hunt for a murderer who shot a family man on his own doorstep. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T) 10.35 Crimewatch Update. Viewers' responses to the programme shown earlier. (T)

10.45 One Life. People who claim to be the reincarnations of celebrities such as Marilyn Monroe and Elvis Presley, and believe they have come back from the dead for a second chance at life. Richard Mace explores the phenomenon, and asks whether it is a cry for attention or an attempt to give their lives some meaning. Last in series. (T)

11.30 FILM: Dead Poets Society (1989). Drama, starring Robin Williams; (T) Weatherview. 1.40 Sign Zone: See Hear. (R) (T) 2.10 Sign Zone: Panorama. (R) (T) 2.40 Sign Zone: Timewatch - The Hidden Children. (R) (T) 3.30 Sign Zone: Return to Lullingstone Castle. (R) (T) 4.00 Sign Zone: To Buy or Not to Buy. (R) (T) 4.45 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Firmly Songtime. (R) (T) 6.35 Blamoray. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Get 100. (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.40 Numberjacks; (R) (T) CBeebies Birthdays. (T) 9.00 Ninda and the Neurons. (R) (T) 9.15 Brum. (R) (T) 9.25 Me Too! (T) 9.45 Something Special. (R) (T) 10.00 Postman Pat. (T) 10.15 The Royal Mo Show. (R) (T) 10.30 Schools: BBC Primary History. (T) 10.50 Landmarks. (T) 11.10 Churchill's Bodyguard. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Pod's Mission. (T) 1.15 Pod's Mission. (T) 1.30 Snooker: The World Championship. Live coverage of the quarter-finals. (T) 5.55 Party Election Broadcast. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Hazel Irvine presents further live coverage of the two opening quarter-finals at the Crucible Theatre in Sheffield. With commentary by Clive Everton, Terry Griffiths and Neal Foulds. (T) 9.00 Horizon: The Six Billion Dollar Experiment. An experiment recreating the big bang. (T) 9.50 This World: The Fight for Cuba's Music. The legal battle for publishing rights to Cuban songs. (T) 10.30 Newsnight. (T) 11.20 Snooker: The World Championship. (T) 12.10 Snooker Extra. (T) 2.00 BBC Learning Zone. (T)

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1 MAY

Pick of the Day

EastEnders (BBC1, 7.30pm)

Dot is a woman on the edge - and so she should be. The chain-smoking pensioner refuses to face reality about baby George, and insists she and Jim can cope. However, when she discovers Preeti has stayed the night with Bradley, she can't help preaching to the embarrassed lad about his underhand antics under her roof. Thankfully, her husband and Honey join forces and persuade Dot to have some time off from the baby, but while Honey has him in her care, she thinks he's a bit weird and whisks him round to see May. The young mum is only doing what comes naturally, but her aged friend is far from happy and her erratic behaviour leaves Honey suspicious. Meanwhile, GP May gets a shock when her sister Verity turns up out of the blue, but rather than spilling the beans about the state of her marriage, the medic fibs, saying Rob's away on business and she's pregnant. Tanya spots Stacey calling Max, but when she confronts her spouse, he thinks fast and worms out of trouble again. Li is terrified when Mickey finds out about the 'discreet services' she is advertising in the local paper - but amazingly, he thinks it's a brilliant idea.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Just Shoot Me. (R) (T) 8.55 Frasier. (R) (T) 9.20 Frasier. (R) (T) 9.50 Will & Grace. (R) (T) 10.20 Without a Trace. (R) (T) 11.10 Without a Trace. (R) (T) 12.00 News at Noon. (T) 12.30 Small Railway Journeys. (R) (T) 12.45 Life Begins Again. (T) 1.45 FILM: San Demetrio, London (1943). Wartime drama, starring Walter Fitzgerald. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Watch This Space. The Big Art Project site in Burnley. (T) 8.00 How to Look Good Naked. New series. Helping a mother feel confident in her looks. (T) 9.00 Jamestown: America's Birthplace: A Time Team Special. The team excavate the first English settlement in America. (T) 10.00 Animal Addicts. Documentary following a number of pet lovers with an obsessive - and sometimes ill-advised - passion for animals, including a multiple sclerosis sufferer who lives with 70 owls. (T) 11.05 Get Your Act Together with Harvey Goldsmith. (T) 12.10 Poker Nations Cup. 1.10 British F3 International Series. 1.40 KOTV Classics. (T) 2.35 Five Oceans Ultimate Solar Challenge. (R) 3.00 KOTV. (T) 3.30 Gumball 3000. (R) (T) 3.55 Gumball 3000. (R) (T) 4.25 Adrenalin Rush. (R) (T) 4.50 Water Stories. (R) (T) 4.55 Monster Garage. (R) (T) 5.55 Inuk. (R) (T)

FIVE

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 Fifi and the Flowertots. (R) (T) 6.25 Franny's Feed. (R) (T) 6.40 Bird Bath. (R) (T) 6.45 Funky Town. (T) 6.50 The Milkshake! Show. (T) 7.20 Miss Spider's Sunny Patch Friends. (R) (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fit and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (R) (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Britain's Worst Builder. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 FILM: A Mother's Gift (1995). Period drama, starring Nancy McKeon. (T) 3.35 five news update. (T) 3.40 FILM: Sacrifices of the Heart (2007). Premiere. Drama, starring Melissa Gilbert. 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Two and a Half Men. (R) (T) 7.00 five news. (T) 7.15 Big Ideas That Changed the World. The history of nationalism. Last in series; (T) 7.15 five news update. 8.00 Angels & Demons: The True Story. An examination of Dan Brown's second novel; (R) (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. A face from the past haunts Keppler. (T) 10.00 CSI: Miami. Two people are shot dead on a dance floor, and the detectives soon realise the crime was a gang murder. Meanwhile, Horatio tells Delko about his relationship with Marisol. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Arrest and Trial. (R) (T) 12.30 Arrest and Trial. (R) (T) 12.55 NBA Basketball. 4.20 FIM Motocross World Cup. 5.10 Night of Combat: Kickboxing. (R) (T) 5.00 ITV Nightscreen.

LOCAL

Best of the Rest

RTP1
0630 Bom Dia Portugal
1000 Praça da Alegria
1300 News 1410 Los Ricos Tambien Lloran
1505 Choque Therapy, film
1715 Lingo 1800 Portugal em Directo 2135 News 0035 Foyle's War: The White Feather, film

RTP2
0730 Zig Zag, cartoons 1400 Sociedade Cidadã 1530 Portugal Um Retrato Ambiental 1600 Entre Nós 1630 Euronews 1700 Mundos Flutuantes 1730 Discovery Hour 1830 A Fé dos Homens 1900 2010 1945 Zig Zag 2045 yes Dear 2115 Discovery Hour 2200 News 2230 Without a Trace 2330 Por Outro Lado

SIC
0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Film TBA 1530 Contacto 1715 Floribela 1900 Síná Moca 2000 News 2115 Floribela 2215 Cobras & lagartos 2215 Jura I 0015 Desperate Housewives

TVI
0700 Diário Da Manha 1000 Vocé na TV 1300 News 1400 Film TBA 1600 Film TBA 1800 Morangos com Açúcar 2000 News 2115 Morangos com Açúcar 2200 Tempo de Viver 2315 Fala-me de Amor 0230 Film TBA

BBC3
7.00 Spendaholics Saved My Life 8.00 The Bulls*** Detective 9.00 The Panic Room 10.00 EastEnders 10.30 Ideal 11.00 Family Guy 11.20 Family Guy 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Two Pints of Lager and a Packet of Crisps 12.45 The Pantry Room 1.40 Ideal 2.10 Two Pints of Lager and a Packet of Crisps 2.40 Two Pints of Lager and a Packet of Crisps 3.30 The Panic Room 4.10 Close

BBC4
7.00 Casualty 1906 8.00 The World 8.00 Weather 8.30 Marcus Brigstocke's Trophy People 9.00 The Diary of a Nobody 9.30 The League of Gentlemen 10.00 Operation Good Guys 10.30 Cuban! African! Revolution! 11.30 The Diary of a Nobody 12.00 The Real Mr Pooter 1.00 Thoroughly Modern 1.30 Marcus Brigstocke's Trophy People 2.00 Cuban! African! Revolution! 3.00 The Diary of a Nobody 3.30 Marcus Brigstocke's Trophy People 4.00 Close

ITV2
1.00 The Jeremy Kyle Show 2.00 The Jeremy Kyle Show 3.00 Ricki Lake 3.50 Sally Jessy Raphael 4.35 Airline USA 5.05 Airline USA 5.35 Judge Judy 6.00 American Idol 7.00 American Idol Gives Back 9.00 Film: The Hand That Rocks the Cradle 15 (1991) 11.10 Film: Coyote Ugly 12 (2000) 1.10 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Bones 2.00 Cold Case 3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate Atlantis 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Battlestar Galactica 10.00 Battlestar Galactica 11.00 Law & Order 12.00 Las Vegas 1.00 Stargate Atlantis 1.50 Red Light Girls 2.40 Star Trek: Voyager 2.70 Star Trek: Voyager 3.20 Star Trek: Voyager 3.30 Hex 2.40 Uncut! The Villa 5.10 Star Trek: Voyager

UKTV Gold
1.00 What a Carry On! 1.30 Last of the Summer Wine 2.10 Some Mothers Do 'Ave 'Em 2.50 The Good Life 3.30 Only Fools and Horses 5.00 Dallas 6.00 Dallas 7.00 Some Mothers Do 'Ave 'Em 7.40 The Thin Blue Line 8.20 The Vicar of Dibley 9.00 Jonathan Creek 10.10 New Tricks 11.20 The Royle Family 12.00 The Royle Family 12.40 Two Pints of Lager and a Packet of Crisps 12.20 Room 101 1.55 Havin' I Got One 2001 for You 2.25 The House of Elliott 3.20 The House of Elliott 4.15 The House of Elliott 5.10 Neighbours 5.35 Neighbours

TCM
3.00 Elvis on Tour PG (1972) 4.45 White Heat PG (1949) 7.00 The Running Man PG (1963) 9.00 Sweet Bird of Youth (1962) 11.10 Grand Prix PG (1966) 2.10 Teleshopping 2.30 The Comedians PG (1967)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.30 Mary, Mother of Jesus PG (1999) 8.05 Miracle in the Woods PG (1997) 9.50 Long Road Home PG (1991) 11.35 Driven to Succeed PG (2004) With Cybill Shepherd. 1.15 Mary, Mother of Jesus PG (1999) With Christian Bale. 5.25 Little Man Tate PG (1991) With Jodie Foster. 4.40 Long Road Home PG (1991) With Mark Harmon. 6.25 Driven to Succeed PG (2004) With Cybill Shepherd. 8.00 Little Man Tate PG (1991) With Jodie Foster. 9.45 The Village 12 (2004) With Dennis Quaid. 4.40 Avenger 12 (2006) With Sam Elliott. 6.20 Diplomatic Siege 15 (1999) With Tom Berenger. 8.00 Locusts: The Eighth Plague 15 (2005) With Dan Cortese. 2.40 Flight of the Phoenix 12 (2004) With Dennis Quaid. 4.40 Avenger 12 (2006) With Sam Elliott. 6.20 Diplomatic Siege 15 (1999) With Tom Berenger. 8.00 Locusts: The Eighth Plague 15 (2005) With Dan Cortese. 9.30 Action & Thriller Close Up 10.00 Green Street 18 (2004) With Elijah Wood. 12.00 Forbidden Fantasies 18 (2005) With Brook Hunter. 1.45 Domino 15 (2005) With Keira Knightley. 3.55 Point Last Seen PG (1998) 5.30 Action & Thriller Close Up

Rowan Atkinson. 4.25

Wolf PG (1985) With Michael J. Fox.

6.10 Nine Months 12 (1995) With Hugh Grant.

15 (1995) 5.05 Bean PG (1997)

Sky Movies Action

6.00 Point Last Seen PG (1998) 7.35 Frozen with Fear 15 (2000) 9.15 Flight of the Phoenix 12 (2004) 11.15 Diplomatic Siege 15 (1999) With Tom Berenger. 1.05 Locusts: The Eighth Plague 15 (2005) With Dan Cortese. 2.40 Flight of the Phoenix 12 (2004) With Dennis Quaid. 4.40 Avenger 12 (2006) With Sam Elliott. 6.20 Diplomatic Siege 15 (1999) With Tom Berenger. 8.00 Locusts: The Eighth Plague 15 (2005) With Dan Cortese. 9.30 Action & Thriller Close Up 10.00 Green Street 18 (2004) With Elijah Wood. 12.00 Forbidden Fantasies 18 (2005) With Brook Hunter. 1.45 Domino 15 (2005) With Keira Knightley. 3.55 Point Last Seen PG (1998) 5.30 Action & Thriller Close Up

Up

12.30 FEI Equestrian World 1.00

Speedway 2.00 Close

3.00 Aerobics Oz Style 6.30 On the Edge 7.00 Aerobics Oz Style

7.30 On the Edge 8.00 Volleyball 9.00

10.00 Aerobics Oz Style 11.00

12.00 Aerobics Oz Style 1.00

2.00 Aerobics Oz Style 3.00

4.00 Aerobics Oz Style 5.00

6.00 Aerobics Oz Style 7.00

8.00 Aerobics Oz Style 9.00

10.00 Aerobics Oz Style 11.00

12.00 Aerobics Oz Style 1.00

2.00 Aerobics Oz Style 3.00

4.00 Aerobics Oz Style 5.00

6.00 Aerobics Oz Style 7.00

8.00 Aerobics Oz Style 9.00

10.00 Aerobics Oz Style 11.00

12.00 Aerobics Oz Style 1.00

2.00 Aerobics Oz Style 3.00

4.00 Aerobics Oz Style 5.00

6.00 Aerobics Oz Style 7.00

8.00 Aerobics Oz Style 9.00

10.00 Aerobics Oz Style 11.00

12.00 Aerobics Oz Style 1.00

2.00 Aerobics Oz Style 3.00

4.00 Aerobics Oz Style 5.00

6.00 Aerobics Oz Style 7.00

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8.00 Aerobics Oz Style 9.00

10.00 Aerobics Oz Style 11.00

12.00 Aerobics Oz Style 1.00

WED

BBC1

6.00 Breakfast. (T) 9.15 Found. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather. Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 The Camp Twins. (R) (T) 4.00 Prank Patrol. (R) (T) 4.30 Extreme Animals. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Harold comes clean to Sky about the carjacking, and the doctor delivers disturbing news about Kerry. Lolly's abusive step-mother convinces her to blame her injuries on Pepper. (R) (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 Demolition. Explosives expert John and his team return to Ireland to continue the destruction of a power station, while a firm in Somerset struggle to flatten a troublesome bus stop. In Plymouth, a community celebrates when the wall that has separated two areas of their neighbourhood for more than 50 years is finally removed. (T)

7.30 The Green Green Grass. Boycie decides his staff need to work harder and sacks Mrs Cakeworthy when he catches her slacking - only to regret his decision when he learns she is a witch. John Challis stars. (R) (T)

8.00 Watchdog. Investigation show, fighting for consumers' rights. With Nicky Campbell and Julia Bradbury. (T)

8.30 Car Wars. Officers are forced to call for backup while apprehending a joyrider. In Stockport, two PCs stake out a stolen car and a disqualified driver hides a sinister secret. (T)

9.00 The Apprentice. Alan Sugar orders the 10 remaining contestants to France so he can test their marketing skills to the limit. They are sent across the channel charged with selling British food, made from produce sourced in Kent, to a nation renowned for its culinary snobbery. With the contestants speaking little French, and constant in-fighting putting team relations under strain, they face an uphill struggle to make a profit. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)

10.45 My Small Breasts and I. Profile of three women whose lives are dominated by the feeling their breasts are too small. The documentary shows how they try to combat their self-loathing in different ways. (T) National Lottery Update.

11.45 FILM: Coma (1978). Medical thriller, starring Michael Douglas; (T) Weatherview.

1.40 Sign Zone: The Gardener's Year. (T) 2.10 Sign Zone: Mission Africa. (R) (T) 2.40 Sign Zone: To Buy or Not to Buy. (R) (T) 3.25 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) 7.00 Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Get 100. (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.40 Numberjacks. (R) (T) CBeebies Birthdays. (T) 9.00 CBeebies: Nines and the Neurons. (R) (T) 9.15 Bум. (R) (T) 9.25 Mu Too! (T) 9.45 Something Special. (R) (T) 10.00 Postman Pat. (T) 10.15 The Roy Mo Show. (R) (T) 10.30 In Search of Myths and Heroes. (R) (T) 11.30 The Daily Politics. (T) 1.00 Garden Invaders. (R) (T) 1.30 Working Lunch. (T) 2.00 Snooker: The World Championship. Live coverage of the quarter-finals. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Hazel Irvine, Steve Davis and John Parrott present live coverage of the last session of the quarter-finals at the Crucible Theatre in Sheffield. (T) 9.00 Natural World. Conservation work in Hawaii. (T) 9.50 Shearwater Island. The nocturnal birds inhabiting Bardsey Island. (T) 10.00 The Apprentice: You're Fired! With Jean-Christophe Novelli and Heat editor Mark Frith. (T) 10.30 Newsnight. (T) 11.20 Snooker: The World Championship. (T) 12.10 Snooker Extra. (T) 2.00 BBC Learning Zone. (T)

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Just Shoot Me. (R) (T) 8.55 Frasier. (R) (T) 9.25 Frasier. (R) (T) 9.55 Will & Grace. (R) (T) 10.20 Without a Trace. (R) (T) 11.10 Without a Trace. (R) (T) 12.00 News at Noon. (T) 12.30 The Grand: Checking Into History. (R) (T) 12.50 Life Begins Again. (T) 1.50 FILM: Blowing Wild (1953). Drama, starring Gary Cooper. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Postman Pat. (T) 10.15 The Roy Mo Show. (R) (T) 10.30 In Search of Myths and Heroes. (R) (T) 11.30 The Daily Politics. (T) 1.00 Garden Invaders. (R) (T) 1.30 Working Lunch. (T) 2.00 Snooker: The World Championship. Live coverage of the quarter-finals. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Hazel Irvine, Steve Davis and John Parrott present live coverage of the last session of the quarter-finals at the Crucible Theatre in Sheffield. (T) 9.00 Natural World. Conservation work in Hawaii. (T) 9.50 Shearwater Island. The nocturnal birds inhabiting Bardsey Island. (T) 10.00 The Apprentice: You're Fired! With Jean-Christophe Novelli and Heat editor Mark Frith. (T) 10.30 Newsnight. (T) 11.20 Snooker: The World Championship. (T) 12.10 Snooker Extra. (T) 2.00 BBC Learning Zone. (T)

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2 MAY

Pick of the Day

Property Ladder (C4, 8pm)

As this series has proved time and time again, property developing can be a good way to make money, but it's also a difficult and demanding job with the potential to leave you physically, emotionally and financially drained. Thanks to the added rules and regulations, the risks are arguably even greater when you renovate a listed building, but Mark and Tammie Howard didn't let that put them off taking on an old bakery. Although the couple already had some developing experience, it was still a huge challenge - for a start, when they bought the place, they didn't know whether they would be allowed to remove the huge industrial oven. Thankfully, after a few sleepless nights and some sensible advice from Sarah Beeny, the Howards were able to transform the site into a very desirable residence. Now, two years later, the no-nonsense presenter catches up with them to discover what they've been doing since, and discovers they haven't let their experiences deter them from investing in two more listed buildings in their pursuit of mortgage-free living. But in their bid to scale the property ladder, have they taken a step too far?

C4

FIVE

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

5.00 The Royal. Dr Ormerod finally accepts that wife Caroline isn't going to emerge from her coma and decides to move on, while Ken's organisational skills ensure the charity ball goes with a bang. (R) (T)

6.00 London Tonight. Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Bob cracks under the strain of his money worries and runs away from the christening. Matthew confronts Hari over his false claims, and Carrie warns Jimmy to stay away from Scarlett. (T)

7.30 Coronation Street. After a tense few weeks for the Barlows, Ken tries to make amends with Deirdre by cooking her breakfast and suggesting they go on holiday. But she's having none of it and heads for the door, prompting him to give her an ultimatum - if she leaves, he won't be there when she gets back. The Connors' marriage is also in crisis, as Paul pulls one of his disappearing acts after an argument with Carla, while the Mortons' neighbours aren't happy about Darryl living in the garden shed - especially when Claire spies him walking around in his underpants. (T)

8.00 The Bill. Unlucky in love once more, Mickey thumps Heaton for sleeping with Mia and starts packing his bags. Meanwhile, Emma finally discovers the extent of Matt's psychological bullying. (T)

9.00 City Lights. Howie and Colin follow Pauline to a hotel, determined to discover whether she's having an affair - only to be abducted by Hatton and Gully, who give them a pummelling for good measure. (T)

10.00 Get a Grip. Ben Elton and Alexa Chung turn their attention to bullying - not normally a subject rich in comic potential. They also bemoan the increasing number of rude, inconsiderate boors on TV. (T)

10.30 ITV News; Weather. (T) 11.00 Weddings from Hell. Real-life disaster stories, including the brave bride who lost her legs en route to the church, and a couple whose big day was ruined by the Boxing Day tsunami in 2004. (R) (T) 12.00 Glitterball; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

Best of the Rest

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Los Ricos Tambien Lloran 1505 Portugal No Coração 1715 Lingo 1800 Portugal em Directo 1955 Direito de Antena 0000 The Accidental Tourist, film 0200 Foyles War: A Lesson in Murder, film

RTP2
0700 Magazine 0720 Mostra 0730 Zig Zag, cartoons 1400 Sociedade Civil 1530 Portugal um Retrato Ambiental 1600 entre Nós 1630 EuroNews 1700 Peixe Vampiro 0215 Discovery Hour 1830 Fê os Homens 1900 Biosfera 1945 Zig Zag 2045 Yes Dear 2115 Discovery Hour 2200 News 2230 Ossos 2315 Behind the Scene 2300 Clube de Imprensa 00300 The Guardian 0145 Peixe Vampiro 0215 Biosfera 0300 Da Terra ao Mar 0345 Consigo 0415 Sociedade Civil

SIC
0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Laços de Família 1530 Contacto 1715 Floribela 1900 Sínha Moga 0215 Bang Bang 0315 Ganância

TVI
0700 Diário Da Manha 1000 Vocé na TV 1300 News 1400 Inspector Max 1500 Anjo Selvagem 1530 Ugly Betty 1800 Mornagos com Açúcar 2000 News 2115 Morangos com Açúcar 2200 Tempo de Viver 0200 Film TBA

BBC3

Sky One
7.00 Castaway 7.30 Fashion Victim Support 8.00 Wedding Stories 9.00 F*** Off, I'm Ginger 10.00 Film: Enigma 15 (2001) 11.55 Two Pints of Lager and a Packet of Crisps 12.25 Two Pints of Lager and a Packet of Crisps 12.55 American Dad! 1.15 American Dad! 1.35 F*** Off, I'm Ginger 2.35 Two Pints of Lager and a Packet of Crisps 3.05 Rob Brydon's Annually Retentive 4.05 Close

BBC4

7.00 Timewatch: The Gentleman Spies 7.50 The Diary of a Nobody 8.00 The World 8.00 Weather 8.30 Thoroughly Modern 9.00 Who Killed Mrs De Ropp? 10.00 The Double Life of Saki 10.55 The Menace of the Masses 11.55 Thoroughly Modern 12.25 Who Killed Mrs De Ropp? 1.25 The Double Life of Saki 2.20 The Menace of the Masses 3.20 Thoroughly Modern 3.50 Close

ITV2
1.00 The Jeremy Kyle Show 2.00 The Jeremy Kyle Show 3.00 Ricki Lake 3.50 Sally Jessy Raphael 4.40 Airline USA 5.10 Airline USA 5.40 Judge Judy 7.00 Smallville 8.00 Film: Coyote Ugly 12 (2000) 10.00 Coronation Street 10.30 Deadline 11.35 Judge Osbourne - Adrenaline Junkie 12.35 Deadline 1.30 Glitterball: ITV Play 4.00 Glittershopping 6.00 Close

ITV3
3.00 The Thin Man U (1934) 4.45 That Forsyte Woman U (1949) 6.55 Adventures of Don Juan U (1948) 9.00 Some Came Running PG (1959) 11.30 Pennies from Heaven 12 (1981) 1.35 No Guts No Glory: 75 Years of Award Winners 2.30 Teleshopping 2.50 The Fixer 15 (1968) The Disney Channel Kids' programmes from 7am

Sky Movies Drama

6.30 Anastasia: The Mystery of Anna 9.45 Joshua U (2002) 11.30 Role of a Lifetime PG (2001) With Scott Bakula. 1.25 The Interpreter 12 (2004) With Nicole Kidman. 3.45 Drama Close Up 4.15 Joshua U (2002) With Tony Goldwyn 6.00 Role of a Lifetime PG (2001) With Scott Bakula. 8.00 The Interpreter 12 (2004) With Nicole Kidman. 10.15 Ray 2004 (With Jamie Foxx. 12.45 The Door in the Floor 15 (2004) With Kim Basinger. 2.45 Losing Isaiah 15 (1995) With Jessica Lange. 4.45 Joshua U (2002)

Sky Movies Comedy

6.50 The Honeymooners PG (2005) 8.40 Roseanne's Grave 12 (1997) 10.40 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 12.45 Black Sheep 12 (1996) With David Spade. 2.35 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 4.20 The Man 12 (2005) With Eugene Levy. 6.00 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 8.00 Come Running PG (1959) 10.30 Pennies from Heaven 12 (1981) 1.35 No Guts No Glory: 75 Years of Award Winners 2.30 Teleshopping 2.50 The Fixer 15 (1968) The Disney Channel Kids' programmes from 7am

Sky Movies Action

6.00 Killer Flood PG (2003) 7.50 Switchback 15 (1997) 9.55 Chill Factor 15 (1999) 11.55 Action & Thriller: Close Up 12.25 Killer Flood PG (2003) With Joe Lando. 2.20 Switchback 15 (1997) With Dennis Quaid. 4.25 Painkiller Jane 12 (2005) With Emmanuelle Vaugier. 6.00 Chill Factor 15 (1999) With Cuba Gooding Jr. 8.00 Alexander 15 (2004) With Colin Farrell. 11.00 Painkiller Jane 12 (2005) With Emmanuelle Vaugier. 12.30 The Border 15 (1981) With Jack Nicholson. 2.25 Back in Business 18 (1997) With Brian Bosworth. 4.10 Killer Flood PG (2003)

Sky Movies Comedy

6.50 The Honeymooners PG (2005) 8.40 Roseanne's Grave 12 (1997) 10.40 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 12.45 Black Sheep 12 (1996) With David Spade. 2.35 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 4.20 The Man 12 (2005) With Eugene Levy. 6.00 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 8.00 Come Running PG (1959) 10.30 Pennies from Heaven 12 (1981) 1.35 No Guts No Glory: 75 Years of Award Winners 2.30 Teleshopping 2.50 The Fixer 15 (1968) The Disney Channel Kids' programmes from 7am

Sky Sports 1

6.00 You're on Sky Sports! 7.00 America's Cup Sailing 8.00 UEFA Champions League 9.00 Revista De La Liga 10.00 America's Cup Sailing 11.00 Revista De La Liga 12.00 UEFA Champions League 1.00 Live America's Cup Sailing. The Louis Vuitton Cup. 3.30 Motor Racing 4.00 Revista De La Liga 5.00 UEFA Champions League 6.00 European Tour Weekly 6.30 Big Fight Countdown 7.00 Live UEFA Champions League. AC Milan v Manchester United (Kick-off 7.45pm). 10.15 You're on Sky Sports! 11.15 Big Fight Countdown 11.45 Transworld Sport 12.45 Total Rugby 1.15 European Tour Weekly 1.45 Poker 3.45 Big Fight Countdown 4.15 Brian Bosworth. 4.10 Killer Flood PG (2003)

Sky Sports 2

6.00 Aerobics Oz Style 6.30 On the Edge 7.00 Revista De La Liga 8.00 Volleyball 9.00 On the Edge 9.30 Motor Racing 10.00 Poker 12.00 Motor Racing 12.30 How The 2007 Cricket World Cup Was Won 3.30 Wild Sports 4.00 Sports Unlimited 5.00 Horse Racing Special 6.00 Transworld Sport 7.00 Motor Racing 8.00 Horse Racing Special 8.00 America's Cup Sailing 10.00 Big Fight Countdown 10.30 European Tour Weekly 11.00 Horse Racing Special 12.00 America's Cup Sailing 1.00 Horse Racing Special 2.00 Close

Sky Sports 3

6.45 Sailing 6.50 Wednesday Selection 6.55 Riders Club 7.00 Wednesday Selection 7.05 European Tour Golf 7.35 Golf Club 7.40 Yacht Club 7.45 Live Snooker. The World Championship quarter-finals. 1.00 WATTS 1.45 UEFA Cup Football 3.00 Live International Football. France Under-17s v Spain Under-17s (Kick-off 3.00pm). 4.45 Eurogoals 5.00 Live International Football. Germany Under-17s v Ukraine Under-17s (Kick-off 5.00pm). 6.45 Sailing 6.50 Wednesday Selection 7.00 Edge 7.00 Revista De La Liga 8.00 Volleyball 9.00 On the Edge 9.30 Motor Racing 10.00 Poker 12.00 Motor Racing 12.30 How The 2007 Cricket World Cup Was Won 3.30 Wild Sports 4.00 Sports Unlimited 5.00 Horse Racing Special 6.00 Transworld Sport 7.00 Motor Racing 8.00 Horse Racing Special 8.00 America's Cup Sailing 10.00 Big Fight Countdown 10.30 European Tour Weekly 11.00 Horse Racing Special 12.00 America's Cup Sailing 1.00 Horse Racing Special 2.00 Close

Sky Sports Xtra

4.00 On the Edge 4.30 Max Power 5.30 Motor Racing 6.00 Pool 7.00 Volleyball 8.00 Powerboating 9.00 Irish Greyhound Racing 9.30 Total Rugby 10.00 Volleyball 11.00 On the Edge 11.30 Irish Greyhound Racing 12.00 Pool 1.00 On the Edge 1.30 Irish Greyhound Racing 2.00 Close

Sky Sports 4

10.00 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 5

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 6

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 7

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 8

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 9

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 10

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 11

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 12

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 13

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 14

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 15

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 16

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 17

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 18

5.30 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

Sky Sports 19

5.30 The Jeremy Kyle Show. (T) 10.

THU

BBC1

6.00 Breakfast. (T) 9.15 Found, (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 Watch My Chops. (R) (T) 4.00 The Basil Brush Show. (R) (T) 4.30 Extreme Animals. (T) 5.25 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Sky is left reeling by Kerry's devastating test results and goes into denial about her daughter's life-threatening condition. Pepper is dismissed from her post following Lolly's accusations, and Rosetta discovers the truth about her secret affair with Paul. Susan steps up her war against Karl's beard. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)

7.00 Castaway. Danny Wallace meets the contestants to review their week on the island as they struggle to survive without life's luxuries. (T)

7.30 EastEnders. Stacey spots an opportunity to cause trouble for Max by befriending Tanya and encouraging her to make plans for the future, while Dot arouses Honey's suspicions when she panics at the hospital. Ian's plan to annoy Phil backfires and Rob is outraged at May's continuing interference. (T)

8.00 Panorama: Midwives Undercover. Footage of Barnet Hospital in north London and St Mary's Hospital in Manchester reveals some of the difficulties facing staff on maternity wards. BBC researcher Hayley Cutts worked as a volunteer at the two centres, where she met midwives and patients who said under-staffing and a lack of resources were affecting patient care. Reporter Jeremy Vine finds out why some women in the UK are having poor experiences despite unprecedented NHS spending. (T)

9.00 Hustle. New series of the drama. Mickey heads off to Australia, leaving Danny to take charge of the gang's latest con. But when they meet the victim, a Texas film memorabilia fanatic, Danny bites off more than he can chew by promising to sell him the Hollywood sign - forcing the team to make an impromptu trip to Los Angeles. Marc Warren and Robert Vaughn star. (T)

10.00 BBC News at Ten O'Clock. (T)
10.30 Regional News; Weather. (T)
10.35 Question Time. (T)

11.35 Election 2007; (T) Holiday Weather.



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Firmly Sotime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Get 100. (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.40 Numberjacks; (R) (T) CBeebies: Birthdays. (T) 9.00 Nine and the Neurons. (R) (T) 9.15 Brum. (R) (T) 9.25 Me Tool (R) (T) 9.45 Something Special. (R) (T) 10.00 Postman Pat. (T) 10.15 The Roly Mo Show. (R) (T) 10.30 Schools: Look and Read. (T) 10.50 Music Makers. (T) 11.10 English Express. (T) 11.30 Big Slam Poetry. (T) 11.50 BBC Primary Geography. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Snooker: The World Championship. Live coverage of the first semi-final. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Ray Stubbs presents live coverage of the second semi-final, which gets under way this evening at the Crucible Theatre in Sheffield. (T) 9.00 The Catherine Tate Show. Patsy Palmer guest stars. (R) (T) 9.30 Roman's Empire. Leo attempts to make his ex-girlfriend jealous and win her back after discovering that Seb intends to propose to her at the premiere of her new film. Mathew Horne stars. (T) 10.00 The Graham Norton Show. Comedy talk show. (T) 10.30 Newsnight - Election Special. (T) 11.35 Desi DNA. (T) 12.05 Snooker: The World Championship. (T) 12.55 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

FIVE

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Just Shoot Me. (R) (T) 8.55 Frasier. (R) (T) 9.20 Frasier. (R) (T) 9.50 Will & Grace. (R) (T) 10.20 Without a Trace. (R) (T) 11.10 Without a Trace. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (T) 1.30 FILM: Sergeant Rutledge (1960). Taut drama, starring Woody Strode. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Watch This Space. A fishing community help to transform a Belfast park. (T) 8.00 A Place in the Sun. Property in the Estonian capital of Tallinn. (T) 8.30 Chaos at the Chateau Ann and David look to a brighter future. Last in series. (T) 9.00 The Lie of the Land. Documentary examining working life in the countryside, where the farming industry has suffered as a result of disease, new legislation, development and supermarket chains. (T) 10.30 FILM: The Score (2001). A safe-cracker decides to quit while he's ahead and go straight - but the lure of one last job proves too tempting to resist. Edge-of-the-seat crime thriller, starring Robert De Niro and Marlon Brando. (T) 12.50 4Music: Ibiza Rocks. (R) (T) 1.20 4Music: Rockfeedback. (R) 1.50 FILM: How to Get Ahead in Advertising (1989). Satirical black comedy, starring Richard E. Grant. (T) 3.30 Dupe. (R) (T) 3.40 Bus Pass Bob Jobs. (R) (T) 4.40 Wild Things. (R) 5.25 Countdown. (R) (T)

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Fifi and the Flowertots. (R) (T) 6.25 Fanny's Feet. (R) (T) 6.40 Bird Bath. (R) (T) 6.45 Funky Town. (T) 6.50 The Milkshake! Show. (T) 7.20 Miss Spider's Sunny Patch Friends. (R) (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Britain's Worst Teenager. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Cockleshell Heroes (1955). Wartime drama, with Jose Ferrer. (T) 3.35 five news update. (T) 3.40 FILM: Final Run (1999). Thriller, starring Robert Urich. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Two and a Half Men. (R) (T) 7.00 five news. (T) 7.15 Colin and Justin's How Not to Decorate. A Manchester home gets an update. Last in series; (R) (T) 7.15 five news update. 8.00 Ann Maurice: Interior Rivalry. The final four pitch to a real client. Duncan Bannatyne guests; (T) 8.00 five news at 9.00 House. A man is temporarily woken from a coma to help cure his dying son, but insists on being allowed to take advantage of his brief return to consciousness before offering assistance. (T) 10.00 Shark. Stark investigates the murder of an eight-year-old girl. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 Football Night. 1.00 Quiz Call. 4.00 Dutch Football. 5.10 Football Argentina Highlights.

LOCAL

Best of the Rest

BBC3

7.00 The Panic Room 8.00 Britain's Worst Teeth 9.00 The Bulls*** Detective 10.00 EastEnders 10.30 The Real Hustle 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Two Pints of Lager and a Packet of Crisps 12.00 The Real Hustle 12.55 Detective 12.55 The Real Hustle 1.25 Dog Borst Unleashed 1.55 Two Pints of Lager and a Packet of Crisps 2.25 Two Pints of Lager and a Packet of Crisps 2.55 Close 7.00 The Avengers 7.50 The Diary of a Nobody 8.00 The World 8.00 Weather 8.30 Chelsea Pensioners: Once a Soldier 9.00 Edwardians in Colour: The Wonderful World of Albert Kahn 10.00 The Diary of a Nobody 10.30 Never Mind the Full Stops 11.00 Dinner with Portillo 11.30 Chelsea Pensioners: Once a Soldier 12.00 Edwardians in Colour: The Wonderful World of Albert Kahn 1.00 The Diary of a Nobody 1.30 Dinner with Portillo 2.00 Never Mind the Full Stops 2.30 Chelsea Pensioners: Once a Soldier 3.00 Edwardians in Colour: The Wonderful World of Albert Kahn 4.00 Close ITV2 2.00 The Jeremy Kyle Show 3.00 Ricki Lake 3.50 Sally Jessy Raphael 4.40 Airline USA 5.10 Airline USA 5.40 Judge Judy 7.00 Smallville 8.00 New Homes from Hell 9.00 Katie and Peter: The Next Chapter 10.00 Deadline 11.00 Supernatural 12.00 Sally Morgan: Star Psychic 1.00 Deadline 2.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00

The Disney Channel
Kids' programmes from 7am

Removals & Storage
Local and national removals
UK & European Removals
International shipping
Professional packing service
On-site secure storage

RTP1

0630 Bom Dia Portugal
0900 Natal dos Hospitais
1300 News 1415 Natal dos Hospitais
2000 News 2245

Um Contra Todos 0145

Filme TBA 0625 Boletim das

Pescas

RTP2

0700 Magazine 0720

Mostra! 0730 Zig Zag

cartoons 1400 Sociedade

Civil 1530 Portugal, Um

Retrato Ambiental 1600

entre Nós 1630 EuroNews

1700 National Geographic

1730 Discovery Hour 1830

Fé dos Homens 1900

Initiative 1945 Zig Zag

2045 Yes Dear 2145

Discovery Hour 2200

News 2230 The Twilight

Zone 2330 A Revolta dos

Pasteis 0100 Film TBA

0530 Euronews

SIC

0645 Sic Kids

0830 Floribella 1000 Fátima

1300 News 1400 O Profeta

1445 Laços de Família

1530 Contacto 1715

Floribella 2045 News 2000

News 2145 Floribella 2215

Cobras & Lagartos 2315

Jura

TVI

0700 Diário Da Manha 1000

Você na TV 1300 News 1400

Inspector Max 1500 Anjo

Selvagem 1600 Quem

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House 0130 Cartaz das

Artes 0430 CSI

The Portugal News TV Guide • 28 Apr 2007 • 25

Pick of the Day

Hustle (BBC1, 9pm)

It's back for a much anticipated fourth series as our favourite pranksters try their hand at extracting more money from the unsuspecting to the downright ignorant. All the usual crew have returned with the exception of the loveable Michael 'Mickey Bricks' Stone, once the leader and lynch-pin of the whole group. So how will the others fare now the master of the underhand has gone? Will the con still be on? It appears so when Albert gives the team their new mark - a Texan movie memorabilia fanatic named Anthony Westley (Robert Wagner) - and Danny decides he's the man to lead the mob to a sure fire victory. However, it soon looks like he's in too deep when he promises the movie mad gentleman a chance to purchase the Hollywood sign. With the film industry's most iconic symbol now their new target, the only thing the team can do is get on a plane and take an impromptu trip to LA. Westley is eager to get his hands on the white words, but how will the gang be able to get their money if they can't deliver the goods? Of course, we all know they will somehow manage to pull off this latest con, and that is half the fun. The other half comes from working out just how they do it, which is revealed in all its twisted glory right before the credits roll. Jamie Murray, Robert Glenister and Marc Warren star.

3 MAY

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Half Ton Hospital with Jeremy Kyle. (T) 3.59 London Weather. (T) 4.00 Daily Cooks. (T)

5.00 The Royal. A student nurse causes quite a stir, Ken and Alun contend with a farming family suffering a crisis and Lizzie's crash diet has alarming consequences. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Jimmy plans to go on the run with Kelly on the eve of her court appearance and pays Scarlett a visit to say goodbye. Viv puts on a brave face over Bob's disappearance while Jamie tries to convince his father to return to the village, and Laurel faces a dilemma over her parents. (T)

7.30 Tales from the Country. Tony Francis investigates how farmers keep their spirits up, including experiencing the delights of a horse-drawn pub crawl and examining what it takes to be part of the Ploughing Championships. (R)

8.00 The Bill. Will is horrified to learn Matt is pressing for a charge of attempted murder against Emma and sets out to expose the control freak's vicious bullying tendencies with help from former victim Nina Lloyd. Dan takes pity on a drug addict who takes him hostage during a raid on a crack house and offers to help her by securing a place on a rehabilitation programme. (T)

9.00 The Last Detective. New series of the police drama, with Peter Davison. The team struggle to name a suspect when recently released criminal Jimmy Vincent is murdered as he prepares to publish his explosive memoirs. Before long, they learn the gun used to kill the ex-con was also used in a heist bearing all the hallmarks of one of his trademark crimes. The Who singer Roger Daltrey guest stars. (T)

10.30 ITV News; Weather. (T)
11.00 Crimewatch: Lanes, Trains and Automobiles. Officers use new powers to seize vehicles on the motorway. (T)

11.30 Legends. Film star Diana Dors, the blonde bombshell sometimes described as Britain's answer to Marilyn Monroe, who brought a touch of glamour to the austere and repressive atmosphere of post-war Britain. (R)

12.00 Make Your Play; ITV News Headlines.

4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.



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6.00 Breakfast. (T) 9.15 Found. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 The Likeaballs. (R) (T) 4.00 Prank Patrol. (R) (T) 4.30 Extreme Animals. (T) 5.00 Totally Doctor Who. (T) 5.25 Newsround. (T)

5.35 Neighbours. Further tests confirm Sky and Dylan's worst fears over their daughter's health and Elle's pleas for her father to relax his ruthless campaign against the Timmins family go unheeded. Zeke becomes a tower of strength for Bree, and Pepper expresses her gratitude to Rosetta. (R) (T)

BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 A Question of Sport. Sue Barker asks the questions in the light-hearted quiz, with celebrity guests joining team captains Ally McCoist and Matt Dawson. (T)

7.30 Rogue Traders. Matt Allwright and Dan Penteado expose salesmen who are allegedly earning six-figure salaries by mis-selling exterior wall-coating. One con-man is caught on film scaring householders into believing their homes could collapse unless they buy the company's product. (T)

8.00 EastEnders. The game is up for May, prompting her to take drastic action, while Stacey stirs up trouble as Tanya makes plans for her future. Billy struggles to cope with Janet and George. (T)

8.30 My Family. Michael succeeds in placing the whole family on Weakest Link, but Anna Robinson raises difficult questions that soon have them stumped. (T)

9.00 Have I Got News for You. Bill Bailey chairs the satirical current affairs quiz, with regular team captains Ian Hislop and Paul Merton. (T)

9.30 Ruddy Hell! It's Harry and Paul. Harry Enfield and Paul Whitehouse showcase comedy sketches. Didier Pekovitch falls foul of his girlfriend, Nelson Mandela goes shoplifting and a gullible customer visits I Saw You Coming. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. Rob Brydon talks about the second series of his critically acclaimed comedy panel show *Annually Retentive*. Oscar-nominated actress Helena Bonham Carter discusses her latest screen role in *Conversations with Other Women*, and music is provided by Dundee band the View, who perform their new single *The Don*. (T)

11.35 FILM: *Three Amigos!* (1986). Comedy Western, starring Steve Martin; (T) *Weatherview*.

1.20 BBC News 24. (T)



Pick of the Day

Derren Brown: Trick or Treat (C4, 10pm)

The trickster is at it again, but this time his participant picks a treat card, so we can at least hope Mr Brown's guinea pig will be in for more applause than ridicule in the latest edition of this excellent mind manipulation series. However, while it seems Derren's new protégé will not be subject to any underhanded tricks, she still may face derision after the prankster teaches Yshani to play the piano to concert standard. Following only two weeks of intense training under the master of psychological magic, the young Sri Lankan woman has to perform a recital at Wigmore Hall. Will she pull off one of the fastest rises to musical stardom ever known, or has Derren bitten off more than he can chew? If not, he doesn't have much time to rectify his problems as he is busy posing as a waiter in New York, attempting to give psychic readings to lunchtime customers. He is also joined by actor Simon Callow, who is this week's high-profile guest, potentially risking his reputation as he goes under the influence of our favourite mindmaster.

6.00

CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) 6.35 Balmory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Get 100. (T) 8.00 Bring It On. (R) (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.40 Numberjacks; (R) (T) CBeebies Birthdays. (T) 9.00 Nina and the Neurons. (R) (T) 9.15 Brum. (R) (T) 9.25 Me Tool (R) (T) 9.45 Something Special. (R) (T) 10.00 Postman Pat. (R) (T) 10.15 The Roly Mo Show. (T) 10.30 Schools: Maths Channel. (T) 10.40 Maths Channel. (T) 10.50 Watch. (T) 11.05 Tales of Europe. (T) 11.20 Focus. (T) 11.40 BBC Primary History. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. 1.30 Snooker: The World Championship. Live coverage of the second semi-final. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Hazel Irvine presents live coverage of the penultimate session of the first semi-final at the Crucible Theatre in Sheffield, where a further eight frames are scheduled. (T) 9.00 Maxwell. One-off drama chronicling the final stages in the life of Robert Maxwell. The entrepreneur was under pressure in his working and private life and died in 1991. David Suchet stars. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) 11.35 Later with Jools Holland. (T) 12.35 Snooker: The World Championship. (T) 1.25 Star Trek. (R) (T) 2.15 Star Trek. (R) (T) 3.05 Malcolm in the Middle. (R) (T) 3.30 Close.

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Just Shoot Me. (R) (T) 8.55 Frasier. (R) (T) 9.20 Frasier. (R) (T) 9.50 Will & Grace. (R) (T) 10.20 Without a Trace. (R) (T) 11.10 Without a Trace. (R) (T) 12.00 News at Noon. (T) 12.30 Burgh Island: Checking Into History. (R) 12.45 Life Begins Again. (T) 1.50 FILM: Dakota Incident (1956). Western, starring Dale Robertson. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 8.00 A Place in the Sun: Home or Away. The experts meet a Bermondsey couple who want to escape the rat race and start a new life. They have a budget of £165,000 and are considering relocating to either Kent or Spain. (T) 9.00 Ugly Betty. Daniel chooses not to tell Alexis that he hired Grace to defend their father, but Wilhelmina finds out and exploits the fact to push them further apart. (T) 10.00 Derren Brown: Trick or Treat. A woman learns to play the piano in two weeks. (T) 10.30 Peep Show. (T) 11.05 Peter Kay's Phoenix Nights. (R) (T) 11.40 4Music: Transmission. 12.40 4Music: The JD Set Presents: Hot Club de Paris. (T) 12.55 4Music: 4Play - Simple Kid. (R) (T) 1.10 Goalissimo. 2.05 Poker Nations Cup. (R) 3.05 Gumball 3000. (R) (T) 3.35 Transworld Sport. (R) (T) 4.30 Adrenalin Rush. (R) 4.55 Countdown. (R) (T) 5.00 Countdown. (R) (T) 5.40 New Shoots: Films from Disabled Directors. (R) (T) 6.00 Milkshake! The Save-Ums! (R) (T) 6.10 Fifi and the Flowertots. (R) (T) 6.25 Franny's Feet. (R) (T) 6.40 Bird Bath. (R) (T) 6.45 Funky Town. (T) 6.50 The Milkshake! Show. (T) 7.20 Miss Spider's Sunny Patch Friends. (R) (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Britain's Worst Hairdresser. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 FILM: The Long Shot: Believe in Courage (2004). Drama, starring Julie Benz. (T) 3.40 five news update. (T) 3.45 FILM: The Family Plan (2005). Premiere. Romantic comedy, starring Tori Spelling. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Two and a Half Men. (R) (T) 7.00 five news. (T) 7.30 Mean Machines. Technologically advanced ships. Last in series; (T) 7.30 five news update. 8.00 Super Bears. The world's largest and strongest land-dwelling carnivores; (T) 8.00 five news at 9.90 NCIS. The team are called to a national forest where several women have gone missing, and conclude there may be a serial killer on the loose. (T) 10.00 Law & Order: Criminal Intent. A woman is murdered during a phone call. (T) 11.00 Short Angry Men: Hidden Lives. (R) (T) 12.00 Prison Break. (R) (T) 1.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Bom dia Portugal 1000 Praça da Alegria 1300 News

1410 Los Ricos Tambien

Lloran 1530 Marco Paulo -

40 Anos de Amor Eterno

1715 Lingo 1800 Portugal

em Directo 1915 O Preço

Certo 1955 Direito de

Antena 2000 News 2330 The

Shining, film 0230 Foyle's

War: Fifty Ships

RTP2

0700 EuroNews 0715 Zig

zag 1400 Sociedade Cívica

1530 O Lugar da História

1600 Entre Nós 1630

Euronews 1700 Lendas

Vivas de Além Mar 1730

Discovery Hour 1830 A Fê

dos Homens 1900 Hajja

Saúde 1945 Zig Zag 2045

Yes Dear 2115 Discovery

Hour 2200 News 0015 Film

TBA

SIC

0645 Sic Kids 0830 Floribela

1000 Fátima 1300 News

1400 O Profeta 1445 Laços

de Família 1530 Contacto

1715 Floribela 1900 Sinha

Moça 2000 News 2145

Floribela 2215 Cobras &

Lagartos 2315 Jura 0015

Film TBA

TVI

0700 Diário Da Manha 1000

Você na TV 1300 News

14000 Inspector max 1500

Anjo Selvagem 1600 Quem

Quer Ganhá 1800 Morangos

com Açúcar 2000 News

2115 Euro Milhões 2130

Morangos com Açúcar 2215

Tempo de Viver 2330 Falante

de Amot 0130 Film TBA

BBC3

7.00 Castaway 8.00 Freaky

Eaters 9.00 Doctor Who 9.45

Doctor Who Confidential 10.00

EastEnders 10.30 Two Pints of

Lager and a Packet of Crisps

11.00 Two Pints of Lager and a

Packet of Crisps 11.30

Law & Order 12.30 Best Unseen

Ads 1.00 Las Vegas 1.50 Star

Trek: Voyager 2.40 Stargate

Atlantis 3.30 Hex 4.20 Uncut

Reps in Ibiza 5.10 Malo Korrigan

5.35 Malo Korrigan

UKTV Gold

7.00 Elgar's Enigma: A Hidden

Portrait 7.50 The Diary of a

Nobody 8.00 The World 8.00

Weather 8.30 In Concert: Cat

Stevens 9.10 Imagine 10.05 BBC

Four Sessions: Yusuf Islam 11.05

The Avengers 11.55 The Worst

Journey in the World 12.55 Marcus

Brigstocke's Trophy People 1.25

Frank Hurley: The Man Who Made

History 2.25 The Worst Journey

in the World 3.25 Marcus

Brigstocke's Trophy People 3.55

Close

ITV2

2.00 The Jeremy Kyle Show 3.00

Ricki Lake 3.50 Sally Jessy

Raphael 4.40 Airline USA 5.10

Airlines 7.00 5.40 Judge Judy

7.00 Smallville 8.00 Airline 8.30

American Idol 9.30 American Idol

10.30 Katie and Peter: The Next

Chapter 11.30 Coronation Street

12.00 Spider-Man 3: UK Premiere

Special 12.30 Comedy Cuts 1.00

Make Your Play: ITV Play 4.00

Teleshopping 6.00 Close

Sky One

1.00 Bones 2.00 Cold Case 3.00

6.10

The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Just Shoot Me. (R) (T) 8.55 Frasier. (R) (T) 9.20 Frasier. (R) (T) 9.50 Will & Grace. (R) (T) 10.20 Without a Trace. (R) (T) 11.10 Without a Trace. (R) (T) 12.00 News at Noon. (T) 12.30 Burgh Island: Checking Into History. (R) 12.45 Life Begins Again. (T) 1.50 FILM: Dakota Incident (1956). Western, starring Dale Robertson. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 8.00 A Place in the Sun: Home or Away. The experts meet a Bermondsey couple who want to escape the rat race and start a new life. They have a budget of £165,000 and are considering relocating to either Kent or Spain. (T) 9.00 Ugly Betty. Daniel chooses not to tell Alexis that he hired Grace to defend their father, but Wilhelmina finds out and exploits the fact to push them further apart. (T) 10.00 Maxwell. One-off drama chronicling the final stages in the life of Robert Maxwell. The entrepreneur was under pressure in his working and private life and died in 1991. David Suchet stars. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) 11.35 Later with Jools Holland. (T) 12.35 Snooker: The World Championship. Live coverage of the second semi-final. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Hazel Irvine presents live coverage of the penultimate session of the first semi-final at the Crucible Theatre in Sheffield, where a further eight frames are scheduled. (T) 9.00 Maxwell. One-off drama chronicling the final stages in the life of Robert Maxwell. The entrepreneur was under pressure in his working and private life and died in 1991. David Suchet stars. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) 11.35 Later with Jools Holland. (T) 12.35 Snooker: The World Championship. (T) 1.25 Star Trek. (R) (T) 2.15 Star Trek. (R) (T) 3.05 Malcolm in the Middle. (R) (T) 3.30 Close.

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PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 28 Apr 2007

PROPERTY OF THE WEEK

Domusibérica Luz, a world within itself



Domusibérica Luz is a private condominium located on the outskirts of picturesque Praia da Luz. Set high on a hilltop and offering spectacular sea views, the unique development comprises 30 meticulously finished townhouses, ranging from one to three bedrooms, constructed by a leading company and finished to exceptionally high standards.

Divided into four blocs, the development is designed to face stunning, sub-tropical gardens that will be professionally landscaped with a fabulous water feature cascade, which flows into a central swimming pool and children's pool.

For added leisure, the condominium will also comprise a children's play area, sauna, Jacuzzi and a communal meeting lounge or games area. On-site sales and management representatives will also be available.

Now in its final stages of completion, the development also boasts the particular feature of having underground circulation for vehicles and which leads to private, subterranean garages located directly below each property.

DOMUSIBÉRICA Praia da Luz



Not a single vehicle can be seen within the development's borders and for extra convenience all of the private garages have direct access to their property.

All of the houses are spacious and have good sized kitchens, fully equipped with top-of-the-range Siemens appliances. Kitchens further comprise solid granite worktops and softclosing draws.

Leading German thermal-glazed windows and doors with a 'turn-or-tilt' opening system can be found in all rooms, fitted with electric blinds for extra security.

Other specifications include fire-resistant doors from the garage to the main house, underfloor heating in bathrooms, and air-conditioning units in a number of rooms.

Bathrooms boast contempo-



An artist's impression of what the finished condominium will look like, with its gardens, pool and central clubhouse.

rary suspended sanitary ware, found in both the guest cloakroom on the ground floor as well as in bathrooms on the first floor, en-suite or shared.

Besides the kitchen and guest bathroom, the ground floor further comprises a large, spacious living/dining area with its own private pergola-covered terrace that faces the front and overlooks the beautiful gardens.

All bedrooms have generous, fitted wardrobes and private balconies.

Bedrooms facing the gardens and pool benefit from a larger, private breakfast-terrace.

Another unique feature that the Domusibérica Luz development boasts is the fact that the swimming pool will be heated via a geothermic system; meaning heat from the earth's bed is used to keep the water at comfortable temperatures all year round.

Prices for the townhouses start from €270,000 (T1), €342,500 (T2) and €395,000 (T3). For more information contact Domusibérica on: (+351) 282 788 477/478*Fax: 282 788 479, or e-mail: info@domusiberica.com.

Alternatively, see website: www.domusiberica.com.



Fisherman's village Praia da Luz is renowned for its stunning coastline...



... and beautiful beaches.

An aerial photograph taken of the resort in February 2007.



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Fax: 289 791 488
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Quatrim Norte (Olhão)

Country cottage in good condition, with a 2.840m² plot and about 170m² building area. Consists of 4 bedrooms, 2 bath/WC, living room, dining room, kitchen, storage room and a large closed verandah. Calm area and not far from Olhão or Moncarapacho. Ref: 1661 Price: € 315.000



Fuseta (Olhão)

New T3 in ground floor in 4 apart. building. Fireplace, quality finishing, prepared for A/C & central vacuum sys. 3 bedrooms, 1 en suite. Equipped kitchen, oak doors as well as kitchen furniture, double glazing windows. 2 storage rooms, 2-car parking in garage. Ref: 1617 Price: € 180.000



Guilhilm (Faro)

Villa built in 1993 w/135m² in calm countryside w/other nice villas in surroundings, pretty sight over the region. Ground floor: Large living room w/fireplace & good size kitchen w/ storage room. 1st floor: 3 bedrooms, 1 en suite. Pool, nice terraces, dry gardens & fruit trees. Ref: 1598 Price: € 550.000



Estoi (Faro) - Rustic house w/ 400m² in Estoi's historical centre, at the entrance to future Hotel's (old Estoi palace) gardens. Renewed in its old Algarve-Moorish style, w/ interior patio & lovely roof terraces which tell us about old times. Composed by 2 houses, main house has ground & 1st floors, w/ 3 bedrooms (1 en suite, 2 w/ wardrobes), lounge w/ fireplace, office, 2 bathr., spacious kitchen w/ fireplace, double glazing windows, interior garden & 2 terraces (beautiful sight over village until Faro, the sea, hill range & Estoi palace). Solar panels. Satellite TV & A/C in kitchen & main bedroom, 2nd house, w/ independent entrance, but connected to main house by terraces, is composed of 3 storeys w/ small, but charming divisions, 1 lounge w/ fireplace, 2 small bedrooms, 1 WC, kitchen & private terrace. Both kitchens are completely equipped. Ref: 1585 Price: € 375.000



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Fax: 281 370 761

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Apartment - Cabanas

High quality 2 bedroom apartment on top floor (2nd) w/ 40m² terrace + 31m² roof terrace w/ lovely sea-view in new urbanization. 4 swim.pools, walking distance to Cabanas w/ its beautiful lagoon, shops, bars & restaurants, 1km from Benamor golf course. Ref: EA 001 Price: € 225.000



Neighbourhood Luz de Tavira

Very attractive and comfortable 3 bedroom, 2 bathroom villa, on ground and first floor, with pretty garden of 585 m², built 6 years ago, situated in the neighbourhood of Luz de Tavira, 5 kms from Tavira in a pretty green area. Ref: EA 002 Price: € 330.000



Neighbourhood of Altura

Semi-detached 3 bedroom villa with converted loft and garage on a plot of 308,25 m² with liner swimming pool, built in 1992 situated approx. 2 kms from the beach, 1 km from Altura and 5 kms from various golf-courses. Ref: EA 003 Price: € 330.000



Villas - Manta Rota

2 bedroom villas nearing completion consisting of ground, first and second floor, with pre-installation for air conditioning, back patio with BBQ, garage and access to swimming pool (10 x 6 m), within walking distance to the beach and village. Ref: EA 004 Price: € 235.000



Neighbourhood Altura

High quality 3 bedroom villa with 2 bathrooms (one with sauna), prepared for air conditioning, with salt system swimming pool, surrounded by 450 m², situated within an urbanization, 2 kms from the sea and 1 km from Altura. Ref: EA 005 Price: € 370.000



AMI 7557

A selection of our properties

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Vale Judeu / Vilamoura

New 3/4 bedroom "Fully Furnished" townhouse with communal swimming pool, BBQ and private garage, located near Vale Judeu and 10 minutes drive to Vilamoura and its beaches.

Price: € 378.000 / £ 260.000



Loulé

Large 2 bedroom / 2 bathroom apartment in historic town of Loulé. Close to shops, restaurants, markets & local amenities. Offers lounge / dining area, fireplace, fitted kitchen. Underground parking & storage room. Price: € 158.000 / £ 108.000 (Based on Ex. Rate 1.45)



Vilamoura

New 3 bedroom ultra-modern design townhouses on a luxury complex with large communal swimming pool, wood-burning fireplace, air conditioning and underground parking. Must be Seen, Great Value!!!!

Prices from: € 388.000 / £ 267.000



Vilamoura

Beautiful Ground Floor 2 bedroom / 2 bathroom "Fully Furnished" apartment with frontline golf views. Wood-burning fireplace, radiator heating and air conditioning. This apartment is perfect for holiday rental income or holiday home.

Price: € 295.000 / £ 203.000



Vilamoura

Luxury 4 bedroom / 4 bathroom detached villa in a beautiful setting. Offers full hot & cold air-conditioning, wood burning fireplace, open plan modern kitchen, 2 x lounge / sitting rooms & is situated on a large plot of over 1800m². **Must Be Seen**

€ 1,150,000 / £ 793,000



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Rua dos Pescadores

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www.abode-pt.com



Carvoeiro

Townhouse in quiet area, close to village centre & Centianes beach. Spacious 2 bedrooms w/ own balcony, 2 bathrooms, lounge/dining room, equipped kitchen, storage area, roof terrace. Space for 3rd bedroom. Covered carport. Communal swimming pool. Ref. A-207 Price: € 235.000



Pestana Golf & Resort

Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw.pool, 24-hour security. Central heating, Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished. Ref. V-327 Price: € 299.000



Carvoeiro

Villa on a small plot, good location with easy access to the village. 3 bedrooms, 2 bathrooms, equipped kitchen, lounge, dining area, garage. Space for swimming pool with permission to build. Realistic price. Ref. V-345 Price: € 365.000



Carvoeiro

Spacious luxury villa close to the village centre. Excellent rental return. Easy to maintain, low running cost. Tastefully furnished. 3 bedrooms, 3 bathrooms, lounge/dining room, spacious kitchen, swimming pool. BBQ area. Ref. V-344 Price: € 405.000



Porches

Rustic villa in secluded location set in plot of 25.000m². 4 bedrooms, 5 bathrooms, lounge/dining room, equipped kitchen, garage, swimming pool. Large variety of trees. Bore hole, cistern, 3 apart. 600ltr solar heated. Ref. V-330 Price: € 1,090,000



VILAGENTE
SOCIÉTÉ DE MEDIAÇÃO IMOBILIÁRIA, LDA.

AMI 489

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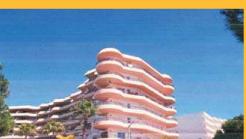
vilagente@mail.telepac.pt
www.vendavilla.com



Vilamoura

One bedroom apartment composed of bathroom, lounge w/ dining area, storage and terrace. Furnished and equipped. Exterior parking space. Construction area - 60 square metres.

Ref: A1166 Price: € 110.000



Vilamoura

With spectacular sea view, 2 bedroom apartment composed of 3 bathrooms, lounge with dining area, equipped kitchen, pantry and spacious terraces. Storage and parking space in the basement. Construction area - 130 sqm.

Ref: A1169 Price: € 300.000



Vilamoura

Villa situated in a quiet area composed of 3 bedrooms, 2 bathrooms, lounge with fireplace, dining area, equipped kitchen and terrace. Swimming pool, garden, barbecue and carport. Furnished.

Ref: V12445 Price: € 500.000



Moncarapacho

Country villa with sea and country views composed of 3 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, office, kitchen, laundry room, storage areas & terraces. Plot area - 2.880 sq.m. Construction area - 380 sq.m. Ref: V12475 Price: € 700.000



Vilamoura

Attractive villa situated in a quiet area composed of 4 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, office, kitchen, laundry room, storage areas & terraces. Plot area - 2.182 sq.m. Construction area - 380 sq.m. Ref: V12479 Price: € 1500.000

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São Brás de Alportel

- Beautiful spacious villa
- 6 bedrooms, 4 bathrooms
- Pool and terraces
- Lovely views, near S. Brás
- Villa 330 m2, plot 6723 m2
- Basement / separate Apart.

Ref: V847
Price: € 1.000.000



São Brás Alportel

- Attractive cottage, quiet area
- 2 bedrooms, 1 bathroom
- Many orange trees
- Cistern could convert to pool
- Cottage 150m2, plot 4500 m2
- Large garage for extra rooms

Ref: C418
Price: € 265.000



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- To over € 2.000.000

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Estói

- Lovely villa, views to sea
- 3 bedrooms, 3 bathrooms
- Pool & terraces
- Quiet area in the hills
- 4 kms from Estói
- Excellent rental potential

Ref: V774
Price: € 440.000



Boliqueime

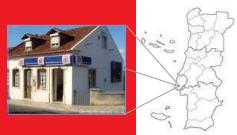
- Lovely traditional cottage
- Renovated in 2005
- 2 bedrooms, 2 bathrooms
- Splendid views to coast
- Pool and terrace
- Air conditioning

Ref: V837
Price: € 399.500

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Nafarros

Luxury Mansion with 1.000 sqm, 6.640 sqm of Land. Wonderful Location with Fabulous Views. 3 Living Rooms, 6 Suites. Caretaker's House. 5 Cars Garage.

REF: STR0962



Catribana

Rustic House with 4 bedrooms and 3 Living Rooms. Lovely garden, located 5 minutes from Samarra Beach.

REF: STR1335



Quinta da Beloura

Apartment with 3 Bedrooms, located in a luxury condominium in Quinta da Beloura. Next to golf courses such as Estoril, Oitavos, Quinta da Marinha, Penha Longa & others.

REF: STR 1148



Banzão - Colares

New House with Living Room with 47 sqm. Excellent Areas and High Quality materials. Magnificent Solar Exposition. Located near the Beaches, 10 minutes from Sintra.

REF: STR1233



Sintra

Luxury House implanted in 1.200 sqm of Land, 4 Bedrooms, 2 Living Rooms, Excellent Areas, 1st Quality Materials. Central Heating Systems and Valuum Systems, Garage

REF: STR0998

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Vale Formoso

Fabulous four bedroom villa with magnificent sea views, w/ 4 bathrooms, cloakroom, living room w/ fireplace, further sitting room, dining room, fitted kitchen, tastefully furnished, alarm, A/C, pool, garage, extensive garden. Built area: 580m2 Ref. VF1 Price: £ 1.300.000



Albufeira

Countryside farm house w/ 5 bedrooms, 4 baths, sauna, living/dining w/ fireplace, BBQ, open plan kitchen, central heating, wine cellar, wooden oven, alarm system, landscaped garden, 12x6m pool, Jacuzzi. Stunning mountain and sea views. Plot: 13.700m2 Ref. PA1 Price: € 990.000



Carvoeiro

3 bedroom luxury villa at Clube Atlântico w/ 3 bathrooms en suite, cloakroom, living room w/ fireplace, dining room, TV room w/ fireplace, fully furnished, equipped kitchen, laundry, A/C, heated pool, BBQ in roof terrace, store rooms, garage, landscaped garden. Plot: 1380m2 Ref. CARV19 Price: € 1.250.000



Salinas Country Club

2 Bedroom terraced villa located in a quiet area of Quinta do Lago, with entrance hall, 2 en suite bathrooms, cloakroom, fitted kitchen, living/dining room, tastefully furnished, A/C. Small landscaped garden, roof terrace w/ partial views of the Ria Formosa. Ref. SCC4 Price: € 550.000



Salinas Country Club

2 Bedroom terraced villa located in a quiet area of Quinta do Lago, with entrance hall, 2 en suite bathrooms, cloakroom, fitted kitchen, living/dining room, A/C, small landscaped garden.

Ref. SCC2 Price: € 475.000

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Moncarapacho

Tastefully decorated modern villa w/ 4 large bedrooms, 3 bathrooms. Beautiful and mature gardens w/ swimming pool. Property is located in a sought-after residential area, marvelous views. Constr. approx. 250m2, plot 5000m2. Ref: LHV-930 Price: € 875.000



Tavira

Bright 2 bedroom / 2 bathroom townhouse on elevated position offering stunning views over Tavira and ocean. Communal pool and gardens. Loft can be converted into 3rd bedroom with bathroom.

Ref: LHT-824 Price: € 267.000



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Moncarapacho

Well-presented 3 bedroom villa w/ distant sea views, consisting of large living w/ separate dining area, fully equipped kitchen, 3 bedrooms, 2 bathrooms, large terrace, mature & landscaped garden. Approx. 898m2 plot, 186m2 covered area. Built 2003. Ref: LHV-910 Price: € 380.000



Cabanas de Tavira

Well presented 3 bedroom / 2 bathroom Townhouse with communal swimming pool close to all amenities and beach. Lovely location and in excellent condition. Very good price. Covered area approx. 112m2, built in 1997. Ref: LHT-798 Price: € 285.000

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Fuzeta

2 bedroom townhouse with 1 bedroom apartment ...very well located, with yard and roof terrace. Sea Views!! Excellent business opportunity!! Price: € 235.000,00 Euros Ref.: MG-VIV-0078 Call: 917 787 582



Fuzeta

2 bedroom house + 2 bedroom apartment with garage, mature garden, parking spaces... Great opportunity!! Sea views!!

Price: € 400.000,00
Ref.: MG-VIV-0077
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other bedrooms, a library, sewing room, laundry room, study, workshop, garden room, store-room etc. In total nearly 600 square metres of covered area. The office suite is air conditioned and fully wired with separate telephone, fax and ADSL broadband all networked to the adjoining office reception area. The holiday cottage offers a lounge/diner/kitchen and a double bedroom with en suite shower and toilet, a sun terrace and pool located outside the cottage door. The garden contains numerous fruit trees including oranges, lemons, grapefruit, apricots, figs, olives, almonds and carobs with an irrigation system covering most of the grounds.

This is a very comfortable property ready to move into, but still with enough scope left to put your own mark on it and all for only €895,000. For a more detailed colour brochure or to arrange a view please contact either Trevor on 917010189 or Frances on 916859898



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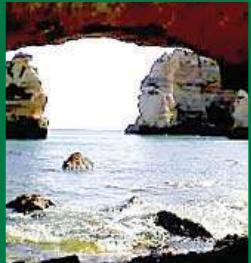
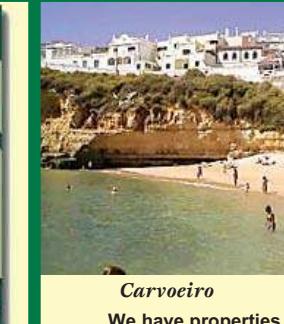
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Villa do Oceano Vale do Lobo

Stunning 5 bedroom villa, built on one of the most outstanding plots in Vale do Lobo offering considerable privacy & fabulous sea views from both the terrace & master bedroom. The villa will also have a basement which includes a picture window into the pool.

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Price: € 170.000

VILAMOURA - "MILLENNIUM"
Ref. A71783
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Price: € 265.000

VILAMOURA - OLD VILLAGE
Ref. V61671
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Cosy country villa on a main plot of land; living room, bedroom, by air conditioning, furnished. Only short distance to some beautiful beaches. Sizes: 100m² and 88.2m². Ref: 1001-335



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Big villa on good sized plot, near Porto de Mós beach. Living room w/fireplace, large kitchen, 4 beds, 3 baths, big heated pool, jacuzzi, mature garden, big garage. Price: €425,000.



Attached villa in Salema with 4 bedrooms, 3 bathrooms, living room with fireplace, dining room, independent studio, garage and garden. Spectacular seaview. Price: €305,000.

Semi-detached villa. Beautiful, luxurious, good location, near Meia Praia beach. 3 beds, living, dining, 3 baths, garden, pool, large garage, good seaview. Price: €480,000.



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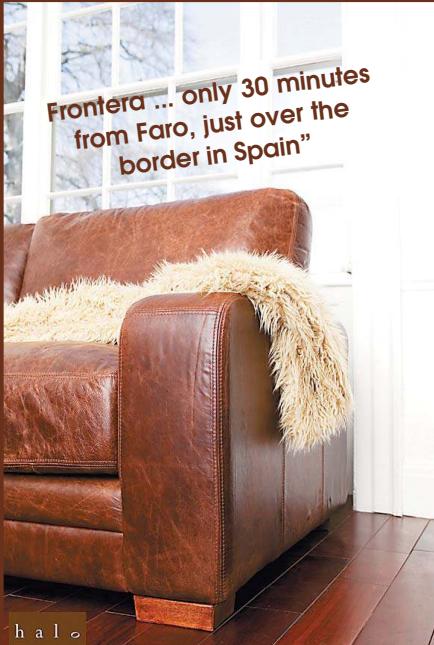
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Lagos welcomes luxury resort



Prospective property owners or investors looking for a new home in a luxury resort environment that offers luxury and tranquillity by the sea, the Cascade Resort, the first luxury resort to be built in Lagos, Algarve, in a privileged place near "Ponta da Piedade" and over the "Canavial" beach, might just be what they are looking for.

The Cascade Resort is the result of a joint venture between Urs Wild, owner of the Romantik Hotel Vivenda Miranda in Lagos, and the Fibreira Group, who have been investing in several touristic projects, such as the Villa Rica Hotel in Lisbon and the Hotel Madeira Palace in Madeira Island.

The Cascade Resort has an area of 14 hectares, and an occupation index of 14%, including sub-tropical gardens and leisure facilities.

In order to preserve the sea view, another 22 hectares of land with 1.5 Km of direct seafront were added to the resort, establishing the connection with the protected areas of "Ponta da Piedade".

In the first stage of development, the Cascade Resort integrates 58 apartments with one and two bedrooms, and 104-bedroom villas with plots ranging from 1100m² to 1700m². The construction of the apartments will be concluded during 2007. In the second phase a further 63 apartments

shall be built alongside the remaining 10 villas.

The apartments will be fully equipped and have the highest quality finishings.

The Hotel will also undertake the professionalized management of 30 apartments offering a guaranteed annual income of 5% throughout the initial 3 years, following which an agreement based on results shall be adopted.

This feature allows the apartment owner to use it during 6 weeks per year with full hotel guest privileges.

The owners, apart from the fixed income benefits, may as an alternative, become a "Cascade Club" member, and benefit from all the Hotel services alongside other services provided by the protected areas of "Ponta da Piedade".

In the first stage of development, the Cascade Resort integrates 58 apartments with one and two bedrooms, and 104-bedroom villas with plots ranging from 1100m² to 1700m². The construction of the apartments will be concluded during 2007. In the second phase a further 63 apartments

and services as well as bars, restaurants and a large children playground.

The project combines quality and is friendly to the environment; using solar heating, water treatment for the gardens and special roof designs to provide shade over the doors and windows.

Apart from the landscape and tranquillity, you can also enjoy the history, culture and entertainment. Lagos is an important vacation destination offering amazing beaches, a modern marina and active nightlife. In the centre of the city you can visit the Museum or the Cultural Centre, who organize several cultural expositions and events all year long.

We leave the invitation to come and visit us, in person or at www.cascade-resort.com.

Abacus Savills, who are the Portuguese associate of the principal UK real estate agency Savills plc, has taken on the sole agency assignment for the Cascade Resort and is on site with professional sales staff and full documentation in English.



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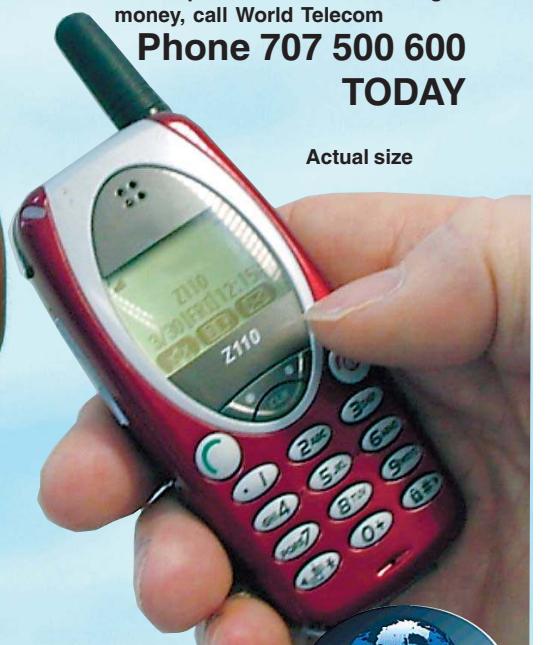
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Baskets of blooms



How to prepare and plant up hanging baskets for a summer full of colour.

First prepare your basket or other container. Cut up a woolly jumper for a liner as this will retain the soil and some of the moisture, but still have sufficient holes to poke plants through the sides of wire baskets.

Once the liner is in place, cut out a circle of plastic (maybe from an empty compost bag) and place it on the base of the liner. Alternatively, a saucer placed in the base will help to prevent immediate water loss.

Now place the container on a bucket so it is off the ground and can be moved around for even planting, before you begin adding the compost. Add water-retaining gel, which comes in a granule form, and slow-release feeds to your compost at planting time. Each time you water, the gel absorbs more water than the compost and retains water for longer, gradually giving off moisture to the surrounding compost.

Adding slow-release feed means you won't have the bother of remembering to liquid feed your plants on a weekly basis during the growing season.

Then add a layer of compost to the height you want your first plants, then push your plants through the cut-out holes from the inside of the basket out. Then

continue adding compost to the next layer you want your plants as you work your way up the sides of the basket.

Once you reach the top, plant a taller specimen in the middle, surrounded by trailers around the edge to hide the rim. A really good hanging basket should be packed with plants and there shouldn't be a trace of compost or liner showing.

Suitable plants include geraniums, begonia and petunias. Remember that many bedding plants are going to demand a lot of water during the summer. For this reason, I usually avoid putting thirsty plants such as fuchsias in hanging baskets, because it really does make you a slave to the watering can unless you install an automatic irrigation system.

Drought-tolerant plants which are easier to maintain in hanging baskets include pelargoniums, begonias, nasturtiums, verbena and brachyscome. If your hanging basket is going into a shady spot, brighten it up with busy lizzies, which will tolerate shade.

Plant up your baskets now and they should be flourishing much earlier than many of your fellow gardeners.

Hannah Stephenson

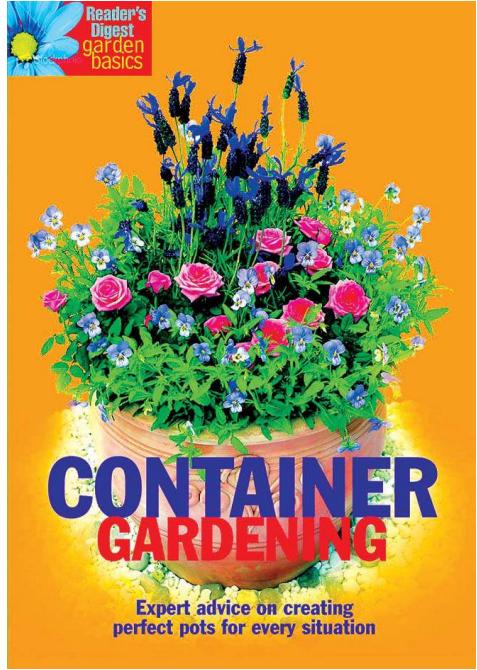
What's in store

» **Grevillea robusta**, the Silky Oak, grows to about 15m and produces its unusual orangy-yellow flowers in racemes during the spring time. Originating in Australia it is a spectacular tree for the larger garden and needs to be grown in full sun in a good soil mixture. For those living in the northern and central regions of Portugal, this plant does not tolerate frost well.

» **Hibiscus rosa-sinensis** is often recognised as the Hawaiian hibiscus as it is these flowers that are used to make the beautiful leis to welcome travellers. The single or double flowers come in a range of colours from red through orange, peach and yellow. They attain a height of 2.5m or more with a spread of 1-3 metres. They need a well drained, fertile soil mixture in full sun and benefit from a monthly application of liquid fertilizer during the active growing and flowering period. They need protection if there is the slightest risk of frost.

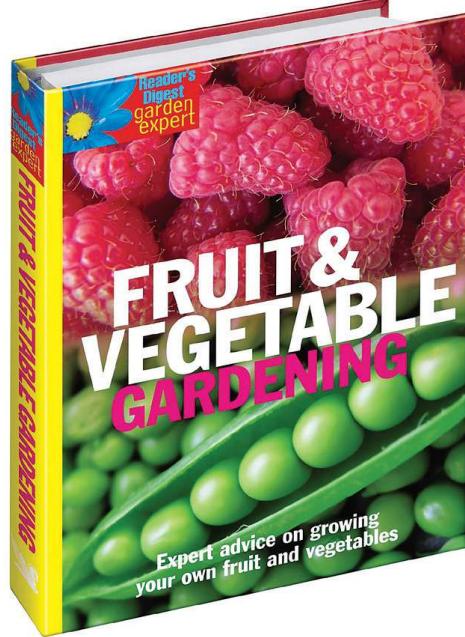
Madge and John Measures

Leafing through ..



A new, easy-to-follow set of books is the Reader's Digest Garden Basics: Container Gardening and Fruit & Vegetable Gardening, and to be published in May - Slugs, Pests & Diseases, with promises of a further three to follow later in the year.

They offer an easy-to-find format, with pages ring-bound, so when you reach the right page you don't have to bend the spine to keep it there. Ideal for the beginner gardener, priced £9.99/€15.00 each.



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Al fresco fever

Now's the time to make the great outdoors the perfect space for warm weather entertaining. The experts reveal how to achieve a stylish look.

"When springtime rolls around our thoughts turn from cosy nights huddled by the fire-side to long warm evenings outdoors," says Melloney Hunt, of Laura Ashley's design service.

"Stylish interior design can extend to the outdoors to create comfortable and relaxed living spaces for long summer days." From yard art to atmospheric lighting, bringing the indoors outside has never been so easy.

"In creating a comfortable outdoor living space, consider it as an extension of your home," Melloney says. "Take inspiration from the plants and flowers growing around you and choose co-ordinating colours."

Eat and entertain

When the sun is shining, ditch the dining room and head out-

doors for an al fresco dinner party. What is summer without

the waft of tempting barbecue aromas in the air?" For a relaxed



Just because you are dining al fresco, there's no reason to disregard the need for proper tableware.

Paper plates and plastic utensils have no panache. No one can be comfortable with mosquitoes or horseflies buzzing about. Citronella candles and insect repellent are worthy additions to the al fresco dining area.

(PHOTO: Press Association)



Spring has officially sprung, evenings are getting brighter... but your great outdoors is screaming out for some stylish attention. Dig out those weeds and mow that luscious lawn now - it's time to make the most of al fresco living. (PHOTO: Press Association)

look choose natural fabrics such as cottons, and linens in a mix of floral patterns, with checks and stripes. Add tie-on seat cushions to chairs and dress a dining table with co-ordinating table linen and china."

Kick back and relax

With temperatures soaring, seek sanctuary in the shade with relaxing recliners and seating for the summer months. You don't need to head to your local park to take a perch on a relaxing bench. Try one in your own backyard - choose a sturdy number and it will last for many summers to come.

If you fancy going design-led in your garden lounging, head for stylish hanging chairs. It's the ultimate outdoor accessory for floating away with a good book in the privacy of your own garden.

Melloney has these recommendations for a holiday-like outdoor haven: "Create a relaxed seating area with cushions scattered on blankets and recover deck chairs in fabrics to co-ordinate. Choose a selection of sizes and shapes for cushions and consider trimming with buttons, bobbles and tassels to add more detail."

Al fresco magic

It's the little touches that make all the difference in transforming a lacklustre garden into a summer retreat. Lighting is all-important for those occasions when afternoon dining spills into dusk celebrations. Melloney says an al fresco delight is possible with a few stylish steps: "Consider adding a vase of freshly cut flowers to a table and hang tea lights in paper lanterns or jam jars from surrounding trees. Place storm lanterns among the flower beds to give soft ambient lighting when the sun goes down."

Lisa Haynes

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There are 2 storage rooms, 2 parking spaces in the private underground garage, (one is enclosed), electric panelled heating, pre-installed for air conditioning and central vacuuming. Electric shutters.

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The property benefits from use of a communal roof terrace with panoramic views over Alvor, across to Lagos, and the Monchique mountains.

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'Webmovies' are the next generation of cyberspace marketing; an exciting and powerful way to present a global audience with whatever you want to promote, whether that be a business, a product, an occasion, or even an experience played on your web site.

Algarve Films was established with the aim of making high quality, low cost videos for web sites, exhibitions and general distribution in both the private and business sector.

Experienced producer Colin Ridgeway, who started his career in Australia in the 1980's, where he worked on special effects for movies including *Mad Max* and *Crocodile Dundee* and with Hollywood director Alex Proyas (*I Robot*, *Dark City* etc.) founded Algarve Films as part of his flagship company 'colinmichael.com'.

He has also worked on TV commercials and music videos for world-famous groups such as Fleetwood Mac, Crowded House and INXS, therefore boasting an impressive CV of international acclaim.

After working throughout Europe, Colin discovered that the 'web movies' he had developed are particularly effective for promoting all businesses including the likes of hotels, resorts, and holiday rental accommodation, having been remarkably successful for French chateaux often doubling rental bookings.

Private individuals selling real



Colin Ridgeway

being much more detailed and personalised and can be produced for as little as €300.

Thanks to their state-of-the-art production, the movies can be played on all types of PC's and Apple computers world-wide and offer a superior quality of both visual graphics and stereo sound. Algarve Films has developed technology and production values to the point where they can now produce 'web movies' and DVD

tard, Pukka pies, Hovis bread mixes, Carnation evaporated milk, battered cod fish, Marmite and cheddar cheeses, but will also be able to do their general shopping, for such as domestic cleaning products, milk, water, bread, eggs, and other daily requirements.

from Holland and the UK. A vast array of international frozen products will fill the freezers. Favourite Dutch products include Saté sauce, Conimex mixes, Ontbijt Koek, pancake mixes, Rookworst, Leverworst, and, for those with a sweet tooth, Hagelslag and Drop liquorice sweets.

A wide variety of frozen, refrigerated, and chilled products will also be stocked, both imported and national, and the girls' next goal is to introduce a fresh organic range, though a selection of dried and tinned organic foods, and gluten or wheat-free products are already available.

English greeting cards and newspapers will also be sold and a personalised ordering service is available. For more information, contact Food Fayre on: (+351) 282 332 692, 968 269 168, or e-mail: foodfayre@iol.pt. The present store will close from April 28th – May 1st for removals.

The new store will be open from May 2nd, Monday to Friday, 09h30 – 14h00 and 15h30 – 20h30, and Saturdays, 09h30 – 13h00. Everyone is invited to drop by the new Food Fayre venue on Wednesday May 2nd for a celebratory drink and a look around.

Shoppers will still be able to find their favourite imported products, like Tetley's tea, Devon cus-



The grocery store will be moving just next door.

An exciting new phase for Food Fayre



Having opened a little over a year ago, successful British and Dutch grocery store Food Fayre will soon be moving into brand new premises, literally just next-door! With a floor space of over twice the size of their present establishment, this new phase will allow the foreign food specialists to introduce international products to the local market, as well as supplying staple national and regional produce.

Despite not being an immediate goal, Food Fayre's founders, friends Sara Vasco and Julie Middleton, who have lived in the Algarve for a collective 38 years, had always hoped to one day be able to expand their increasingly successful venture.

When the opportunity to take over the neighbouring 'Alisuper' supermarket arose, the girls jumped at the chance.

As of May 2nd, even more Dutch and UK favourites will be available from the spacious supermarket, boosted by the likes of daily-delivered fresh bread, fruit and vegetables, as well as a larger butcher's section, which will be filled with a delicious selection of cold meats mainly



Happy shopping at a bigger and even better Food Fayre!

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Geoff Waller took over Fires of Portugal in June 2001, and, with his 'hands-on' approach, has built up a small company with a big reputation, importing and installing the very best in wood burning stoves and gas fires.

For the past 7 years Geoff, who is originally from Sheffield, South Yorkshire, has been fitting wood burning stoves and gas fires across the Algarve and Alentejo, also providing a thorough, quick and clean chimney-sweeping and smoke-testing service.

Complete with customised sound-tacks and/or voice-overs, 'web movies' are carried out in-house, from start to finish, with state of the art equipment. All final results of Algarve Films' productions are also put onto DVD, for owners to keep and use at their own discretion.

Seize the chance to leave your mark on cyberspace and distinguish your business from others by commissioning an Algarve Film 'webmovie'.

Furthermore, Colin is always interested in talking to people who have, and still want to work in film and video.

For more information, contact Colin Ridgeway on: (+351) 963 062 700, e-mail: colin@algarvefilms.com, or to see a sample of what web-movie-magic can do for you, go to their web site: www.algarvefilms.com.

to Villager and Aarrow agencies – both ranges imported from the UK. Advice on all aspects of installation and the best possible quotation is offered, and, with the help of the company's own reliable builder, other small works can be undertaken.

Fires of Portugal will fit the fire, test the installation for

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For more information, contact Fires of Portugal on telephone number: (+351) 289 489 958, or mobile number: (+351) 967 721 209.

Geoff Waller



The delicious smell of summer



There are a few distinct smells that are the epitome of summer; orange blossom, freshly cut grass, sea-mist. But nothing is more reminiscent of summer than the delicious smell of a barbecue in progress.

And once again, summer is on the doorstep and it is time to get the Barbie back out.

Round up friends and family and spend an afternoon or evening enjoying a delicious open-air meal.

Not only is grilled meat a healthier way to enjoy meat, it is also a chance to socialise and catch up on gossip whilst having a drink or two.

South Africans are renowned for their flair with the barbecue, and South African meats are said to be of the best.

At The English Butcher, located in Almancil directly opposite the post office, only the best, most succulent and freshest meats are sold – ideal for summer barbeques. There is a fantastic selection of imported English and South African meats, as well as an extensive range of sauces and other accompaniments.

'The English Butcher' is José Santos and wife Rita, who have travelled widely, having lived many years in South Africa, possibly one of the reasons why the couple offer such an intriguing range of South African meats.

Biltong, Russians, Dry wors, and Boerewors are all available to satisfy curious or homesick appetites, along with spicy African Peri Peri Sauces to complete the taste.

Alternatively, let your taste buds travel to the other side of the globe and opt for typically English meat cuts such as ham on the bone, bacon, gammon, T-bone steaks, sausage meat, mince pies, or chipolatas.

Other imported meats to be found at The English Butcher

are tender cuts of New Zealand lamb, reportedly the best lamb in the world.

·

Fresh hamburgers, meatballs, and kebabs can all be made at the customer's request, ideal for barbeques, and on a more national note, regional meats and local farm produce can be purchased, including smoked hams, meats for typical Portuguese dishes, and even a selection of cheeses.

The English Butcher can also cater for large establishments such as restaurants and hotels, and offer a convenient drop off service.

Visit The English Butcher,

open Monday to Friday, 08h00-13h00 and 15h00 –

19h30, and Saturdays 08h00 –

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'The English Butcher', in Almancil, is owned by José Santos and wife Rita.

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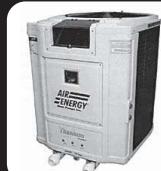
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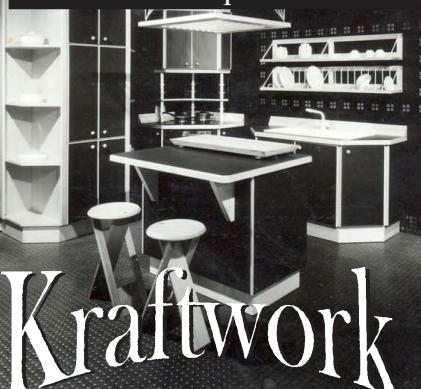


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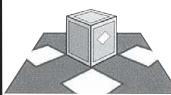
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Stomp

In April I will celebrate thirty years of marriage to my favorite percussionist. I have always marveled at his ability to make anything and everything into a rhythm instrument. The car-dash-board and steering wheel become his drum set as he drives down the road. With or without music playing on the radio there seems to always be a song playing in his mind and heart and he is the entire percussion section. The kitchen table, my knees or back, a pencil and ruler on the desktop... ideas to make rhythm are endless. I've lived with it for thirty years, sometimes apologetic for it and often tried to explain it to others. However, not until attending a performance in Lisbon by the rhythm group, "STOMP," did I really understand the drive and passion for rhythm that God creates in some of his children. STOMP is a movement of bodies, objects and sounds. What makes it so appealing is that the cast uses everyday objects in non-traditional ways. There is no speech or dialogue, not even a plot.

Last night I was amazed as I experienced for an hour and a half an auditorium full of people watching and listening to eight energetic people, consumed by rhythm, create music out of anything and everything. *Wordlessly* they communicated with the crowd, made us laugh, and invited us all to participate in their symphony of rhythm.

Empty garbage cans and lids, broom sticks, water cooler bottles, matchbooks, newspapers, empty plastic sacks, plastic

barrels, bathroom plungers, feet, hands, fingers, mouths, folding chairs and even kitchen sinks became musical instruments. We were entertained by a seemingly endless symphony of rhythms created by ordinary items we would never have considered musical.

STOMP performers held nothing back. By the end of the performance their shirts were soaked with sweat as if to prove their complete dedication to the task of rhythmic entertainment. Still the crowd begged for more and eight tired musicians once again performed enthusiastically. No one could doubt that their whole hearts, indeed their whole beings were dedicated to the rhythm they heard in the world around them and recreated on stage.

God's Word gives us this challenge in Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord, not for men." Just like rhythm consumed the lives of those eight performers, we should be consumed with a passion for following Christ and serving Him. Everything we do should be fueled by our desire to lift Him up and point others to Him. Those who live with us or around us should be able to notice this passion in our lives, just like people who have been around my husband soon know he is a percussionist.

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page or email joycevoelker@hotmail.com.

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LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 21 385 8604

Fax: 21 388 4304 e-mail: celesboa@mail.telepac.pt

Bahá'í Faith - Av. Ventura Terra, n.º 1, Lisboa, Tel: 217590474. E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 88. Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15/Portuguese 12.00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

THE ALgarve

CHURCH OF ENGLISH SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora do Rosário - Bemposta 289 328302;

St. Barbara Holy Communion 11:30 a.m. every Sunday. Info Maxine Srivastava 917 267 948;

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THE SALVATION ARMY in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás at 5pm, Rua 25 de Abril, n.º 19 (next to the Market).

CATHOLIC MASS every Sunday party in English - 11am at St. Lourenço Church - Almancil - 6.30pm. For four Seasons Country Club—Quinta do Lago — Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto) on 966168120 or Vitor on vgn@domopor.com.

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 11, R/C-1 D-01 Portimão. Bible study on Tuesdays; 10:45 for 11 am at "The Bridge" (A Ponte) in the Cidreira Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5.00 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@bhpvt.com

CHURCH IN LAGOS: Our mission: Matthew 28:18-20. Meeting daily Wednesdays at 7 pm and Sundays at 10.30 am, at Praça Luis de Camões N.º 14, Lagos. Stefan Saunders (Pastor) Tel 963 165 983.

CHURCH IN ALJEZUR / VALE DE TELHA: Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho), Tel. 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE

Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday services in English at Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Alântico Waterside Park. Services in English, creche and Sunday School.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH At 6.00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Sáudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru' pre-teen. Service every Sunday 11am to 12.30 pm. Portuguese translation available. New address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto-Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 963 801 237. Visit our website at www.lagocafefellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays, at 10.30 am at 126 Rue Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Georgette 963 100 121 or Maria 966 380404. E-mail: jackieandme@yahoo.co.uk

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SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rue 25 de Abril, n.º 19, São Brás de Alportel

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Re: Questions for Gwynne Dwyer - 14 Apr.

SIR, I believe John Clare is wrong in saying the authorities lied to us over the 9/11 attacks. (14th April). In answer to his three questions:

1) There is no way he saw a 'bomb carriage' on a U.S. civil aircraft. Could it have been an external fuel tank or a pad for transporting spare engines?

2) The South Tower of the World Trade Center did not fall neatly. The top floors started falling on one side only. The evidence shows both towers started to fail where fire had weakened the structure. Bombs were not necessary, and it seems most unlikely that both towers could have been hit exactly where bombs had been pre-placed.

3) When commercial planes hit buildings they do not explode and they do not liquefy. There is no law of physics that prevents a passport cushioned by clothing in a suitcase from surviving an impact with the outside of a building.

PHILIP VILLAR, Cascais

A possible scam

SIR, Two weeks ago I had two separate phone calls purporting to sell subscriptions to the Portuguese consumers association (whose exact name I am afraid I do not know). A lady who spoke good English made a sales pitch for membership of the association, which had numerous advantages as well as receiving a monthly copy of their magazine "Proteste" (the equivalent to "Which" in UK). I thought it a good bargain and agreed to join.

Some questions: is this gene a recently evolved one or has it always been with us? If the latter, why has its effect only been

seen in the last few decades? Why, for instance, didn't it fatten up my chronically underweight, undernourished contemporaries who grew up during the thirties and forties? At the age of 21, when I was called up for National Service in 1950, I was judged to be at least a stone underweight and yet in spite of an unaccustomed, physically exhausting daily schedule, I gained 15 pounds during my first three month's training. Why? Simple - for the first time in my life I was

I would gladly sign up. She agreed to send them and rang off.

A few days later I had the same treatment from a fellow who only spoke Portuguese. Same thing, except that he got a bit upset when I refused. He said he would send the forms too, but I have never received anything, having given them a couple of weeks.

I have a strong suspicion that these people are running a scam to get hold of bank account info. for nefarious purposes, using a perfectly respectable company's name as a front. I really cannot believe that the Consumers Association would ask for bank details in this way. I also cannot believe anybody would be so stupid as to give them, but there you are....

MIKE HENTALL, Monchique

Dream on

SIR, Scientists may have found the real dieters' Holy Grail: something other than eating and drinking too much that makes them fat! A newly discovered obesity gene may be responsible, so the fatties among us can now waddle about comforted by the fact that it isn't their fault. "It's alright for you but we've got this obesity gene thing, see".

Some questions: is this gene a recently evolved one or has it always been with us? If the latter, why has its effect only been

seen in the last few decades? Why, for instance, didn't it fatten up my chronically underweight, undernourished contemporaries who grew up during the thirties and forties? At the age of 21, when I was called up for National Service in 1950, I was judged to be at least a stone underweight and yet in spite of an unaccustomed, physically exhausting daily schedule, I gained 15 pounds during my first three month's training. Why? Simple - for the first time in my life I was

I would gladly sign up. She agreed to send them and rang off.

Let me be a Tinker instead, but a genuine one as this is a far more manly and noble ambition. In fact I really like the idea of being a Tinker, defined as being a member of a native community previously itinerant (but mainly now settled). Tinkers apparently were reputed for their production of domestic implements from basic materials and for repair of the same items, being also known in the past as "travelling tinsmiths". Unfortunately at the time of writing many are settled, but once again illegally, in a field adjacent to a MacDonald's Burger parlour here in the UK, about one mile from where I'm currently taking a break from cheap subsidized Portuguese food and sunshine. And would you believe it they are parked up in their motor homes (now that's spooky) with the obligatory Mercedes or BMW parked alongside. Me besmirching the good name of the real Irish Tinkers - I'll hear none of that.

Now Mr. Watson, you point out that only caravans are not allowed in that area of Alvor. Well, what's the difference between a caravan and a motor home, fundamentally, nothing more than a tow-hitch. Plus, motor homes are also parked-up by the dunes, near to the beach restaurants, where I understand they're not supposed to.

A point that myself and Mr. Watson probably agree on is with

making the Algarve a more desirable place for tourists that Portugal, and in particular the Algarve, badly needs to survive.

Regarding the issue of the motor homers - this has nothing to do with the so-called "bitter, twisted and envious Brits" that he refers to. Who are these envious Brits and what are they envious of? My God, it couldn't possibly be a motor home could it? Maybe I'm an "envious Brit" that has a latent desire to own a motor home, please God not me.

Let me be a Tinker instead, but a genuine one as this is a far more manly and noble ambition. In fact I really like the idea of being a Tinker, defined as being a member of a native community previously itinerant (but mainly now settled). Tinkers apparently were reputed for their production of domestic implements from basic materials and for repair of the same items, being also known in the past as "travelling tinsmiths". Unfortunately at the time of writing many are settled, but once again illegally, in a field adjacent to a MacDonald's Burger parlour here in the UK, about one mile from where I'm currently taking a break from cheap subsidized Portuguese food and sunshine. And would you believe it they are parked up in their motor homes (now that's spooky) with the obligatory Mercedes or BMW parked alongside. Me besmirching the good name of the real Irish Tinkers - I'll hear none of that.

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A point that myself and Mr. Watson probably agree on is with

regard to the 'Frightened Fifteen' from Iran, as he refers to these God fearing fighting men and woman of the British Armed forces. What a fearsome bunch of individuals they were. You really would feel that your country was protected if all the armed forces looked and acted like this mamby pamby group. It would appear

that not one of them was prepared to stand up to the Iranians. Personally I think the whole fiasco was set up by our wonderful Tony Blair, so that his intervention in the release of the hostages would be seen as a most fitting finale to his term of office. Sorry Tony, you've screwed up again. TRICKY DICKY, By e-mail

Suicides on the up, especially in southern Portugal

Despite still having one of the lowest suicide rates in Europe, suicides in Portugal have increased at a consistent pace, since the turn of the millennium, especially in the southern areas of the country.

Bessa Peixoto, president of the Portuguese Suicide Society confirmed the phenomenon by saying, "For years Portugal has had the lowest suicides rates in Europe, but since the year 2000 the numbers have been rising".

Latest statistics from the World Health Organisation show that figures doubled from the year 2000 to 2002. In 2000 the number of suicides registered at 5.1 for

every 100,000 habitants, rising in 2002 to 11.7.

Bessa Peixoto considers the rise in suicides to be related to new methods in criteria, as well as the fact that death by overdose is now considered as suicide. "It is a very recent reality, which needs to be studied to better interpret the data", he said, stressing, "There is no specific motive for this rise in figures".

Debt, from p.1

Debt to banks has doubled since 2000, totalling €116.6 billion by the end of February. Seven years earlier, this figure represented 47 percent of the wealth created by the country, but has soared since and now corresponds to 74.8 percent of the Gross Domestic Product.

Last year alone, debt was rising by a staggering €1.67 million an hour (up by 14.8 percent in relation to 2005) and experts predict this figure has probably increased again the first four months of this year.

The 101.1 percent rise in debt in the past seven years, according to the Bank of Portugal's Spring Bulletin, is mostly attributed to mortgages, though personal loans have also gained a larger slice of the market.

Debt arising from mortgages has escalated by 113.6 percent since 2000, while personal loans climbed 79.9 percent over the same period. Bad debt, meanwhile, has increased by 82.8 percent the past seven years.

Seven years ago, when the GDP was worth €122 billion, the country only needed to work just under six months to cover its debts to banks. Based on the current GDP (€155 billion), it now takes around nine months of labour to pay off banks.

In terms of bad debt, Portuguese families were failing to pay back €3.2 million each day to banks, figures for the first two months of the year indicate.

The total for bad debt currently stands at €2.164 billion, with mortgages being the area where most consumers are now finding it impossible to keep up with their monthly instalments.

According to the Observatory for Debt, families are set to become even more entrenched with debts in the coming months, indicating that the months of April and May are traditionally the months when families find it hardest to keep to their commitments.

The Observatory suggests that consumers do not take on credit superior to 40 percent of their net income.

While Individual Voluntary Arrangements (IVA) have been available to Portuguese consumers since last year, there are, as yet, no clear statistics as to how many private individuals have taken the route of declaring themselves insolvent in order to alleviate their bad debts.

In a related story, the number of complaints lodged with consumer rights group DECO concerning alleged bank malpractice almost doubled last year. DECO says that it received more than four complaints each day from consumers who felt wronged by their banks during the course of 2006.

According to DECO, the biggest banks are those with the highest number of complaints, though explains proportionally they are cited no more than their smaller counterparts.

325

Today's lesson focuses on Idioms involving verbs.

Exercise 1: Match each idiom, on the left, with its equivalent in Portuguese, on the right.

1. to be afraid of
2. to be aware of
3. to be back
4. to be about to
5. to be broad minded
6. to be fond of
7. to be in trouble
8. to be run over
9. to be homesick
10. to be fed up with
11. to be ashamed of
12. to be over
13. to be worn out
14. to be cut out for
15. to be in time
16. to be narrow minded
17. to be away
18. to be in a hurry

Portuguese for all

Na lição de hoje vamos estudar algumas frases idiomáticas que podem ajudar a uma melhor fluência na Língua Portuguesa. Até à próxima lição, Emília Rosendo.

Exercise 2: Complete with the most correct idiom.

1. Ele está a correr porque _____.
2. Muitos peões _____ nas passadeiras.
3. Nós _____ música clássica.
4. Geralmente, os imigrantes _____.
5. As andorinhas _____ sempre na Primavera.
6. Todos os trabalhadores devem _____ (os) seus direitos e deveres.
7. Apesar da sua idade avançada, ela _____.
8. Ele _____ como um relógio.
9. Depois de tanto trabalho, o projecto já _____.
10. Há pessoas que _____ aranhas.
11. - Vamos! O nosso autocarro _____ partir.
12. Uma pessoa muito limitada _____.
13. Ela vai para a cama cedo porque _____.
14. - Vou-me embora! _____ (a) festa.
15. O patrão não está na empresa: _____.
16. Eles perderam o emprego e, agora, _____.
17. Apesar de ter uma excelente voz, ela _____ cantar em público.
18. Apesar de não ser um muito bom aluno, ele _____ a matemática.

Please send your completed exercises, with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emilia Rosendo at The Portugal News and I will send them back corrected. The Portugal News - Apartado 13, 8401-901 Lagoa. Tel 282 34 11 00.

THE PORTUGAL NEWS

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events

North



GUIMARÃES

28 APRIL

Presenting her album *Machine Lyrique* the singer Anabela Duarte (ex-vocalist to the avant garde band Mler Ife Dada) will perform accompanied at the piano by Ian Mikirtumov music from Kurt Weill and Boris Vian • 22h00 • Small Auditorium of Centro Cultural Vila Flor • Price: €10 and €7.50 with discount • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt



Centre

CASCAIS

DAILY

Cascais Cultural Centre • The Cascais Cultural Centre hosts concerts, shows, exhibitions and many other events • It features shops, a coffee shop and a terrace • Open from 10h00 to 18h00 (Closed on Mondays) • Avenida Rei Humberto II de Itália • Tel: 214848900



DAILY

Sea Museum – Rei D. Carlos • R. Júlio Pereira de Mello • 214825400



ESTORIL

UNTIL 1 MAY



Painting Exhibition by one of the most important contemporary Portuguese water-colour painters - Paulo Ossia at Casino Estoril Art Gallery • Open daily from 15h00 to 24h00 • Tel: 214667700 • Fax: 214 667 965



LISBOA

UNTIL 29 APRIL

Exhibition 'Cartier 1899-1949. The journey of a style' • On show an exceptional assembly of 230 jewels, clocks and objects of the Cartier Collection, as well as some of Calouste Gulbenkian's acquisitions, belonging to the Foundation. On display are also original drawings, some of which are associated with the collector, moldings and diverse documentation • This exhibition is integrated in the commemoration of Calouste Gulbenkian's 50th anniversary • Guided tours from 22nd February every Tuesday and Thursday at 15h00, until the end of the exhibition - the tours are free and do not need booking (For groups: Serviços Educativos) • Temporary Exhibitions Room of Calouste Gulbenkian Foundation • www.gulbenkian.pt • Av. Berna, 45A • 217823000 • Underground: S. Sebastião (blue line)



TORRES NOVAS

28 APRIL

Painting Exhibition by one of the most important contemporary Portuguese water-colour painters - Paulo Ossia at Casino Estoril Art Gallery • Open daily from 15h00 to 24h00 • Tel: 214667700 • Fax: 214 667 965



UNTIL 29 APRIL



'As Viagens de Gulliver' (Gulliver's Travels by Jonathan Swift) Adaptation by Luisa Ducla Soares directed by Joana Providência • From 12th to 29th April, from Tuesdays to Fridays, at 10h30 and 16h00, Saturdays, at 11h00 and at 16h00 and Sundays at 16h00 • Auditorium of ACE / Teatro do Bolhão • Coronel Pacheco Square, nº 1 4050-453 Porto • Tel: 222 089 007 + 96 250 64 86 • Fax: 222 080 052 • Email: teatrodobolhao@actb.com

Dance Show Solo with the Angels by Vortex.Dance Company based on the show • 21h30 • Teatro Virginia • São José Lopes dos Santos Square • Tel: 249839309 • info@teatrovirginia.com • www.teatrovirginia.com

6 MAY
Choral Concert "The Armed Man" (English) by Karl Jenkins • 21h30 • Teatro Virginia • Tel: 249839309 • www.teatrovirginia.com

TORRES VEDRAS

UNTIL 26 MAY



Painting Exhibition by Luis Athouguia 'Génese de um Mundo' Born in Cascais in 1953, the Post Surreal Abstraction Painter has exhibiting his art since 1983, in the most important events, having been distinguished with the Vespeira Prize of Drawing in Portugal • Municipal Gallery 'Dois Paços' Rua Roque Ferreira Lobo (next to the Town Hall building) • Open: Mon-Sat from 9h30 to 20h00 • Tel: 261334040 • arte@athouguia.com • Mobile: 917892703 • www.athouguia.com

www.the-news.net

ALCALAR

DAILY

Painting exhibition by David Haines at Patrícias Restaurant and Gallery • Monte de Cima • 282 471 145

ALCANTARILHA

DAILY

Art Gallery at Capela das Artes • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com • www.capeladasartes.com

ALVOR

DAILY

Painting exhibition by David Haines at Magna Carta Bookshop • Quinta da Praia do Alvor • 282496001

ARMAÇÃO DE PERA

MONTHLY

 Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first **Thursday** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

FARO

26 MAY

 Concert by the internationally acclaimed Portuguese pianist Sequeira Costa

who will be performing Concert nº 5 from L.V. Beethoven as a soloist to the Algarve Orchestra conducted by Osvaldo Ferreira • This concert is included in the series of concerts dedicated to Beethoven • 21h30 • Teatro da Figuras • 289888110 • www.teatromunicipaldefaro.pt

LAGOA



UNTIL 3 MAY

Exhibition 'Historical Evolution of Light Weaponry in Portugal' • Arquivo Municipal de Lagoa (City Hall Archives) • Largo dos Combatentes da Grande Guerra • 282380435 • cml.arquivomlagoa@vizzavi.pt

www.the-news.net

South



SÃO B. MESSINES

SATURDAYS & WEDNESDAYS

 Quinta da Bica Saturday Mornings & Wednesday afternoons • Livery, Lessons, Hacks & Horse Share for all ages and abilities • For more information, please call: 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

DAILY



Museu Arqueológico (Archaeologic Museum) • Alcâcova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

DAILY



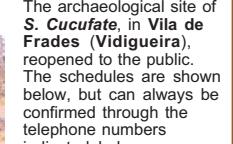
The Associação Cultural de Salir (near Loulé) invites you to attend the 2nd edition of the Ball Bearing Carts Race • comunicado.imprensa@garvetur.pt

SANTANA DA SERRA

DAILY

Horse Riding and Walking at Equiserra

• For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com



The archaeological site of S. Cucufate, in Vila de Frades (Vidigueira), reopened to the public. The schedules are shown below, but can always be confirmed through the telephone numbers indicated below.

Summer Times (1st May to 15th September): Tuesday 15h00 – 18h00; Wednesday to Sunday 09h30 – 13h00 & 15h00 – 18h00.

Winter Times (16th September to 30th April): Tuesday from 14h00 – 17h00, Wednesday to Sunday from 09h00 – 12h30 and from 14h00 – 17h00.

Entrance fee to S. Cucufate - €2; Casa do Arco - €2.50. Children under 14 years

the entrance is free. Free for all on Sundays and holidays until 14h00.

Tel: 284 441 113 (S. Cucufate) 284 441 612 (Casa do Arco)

For other information, please call 266 769 800 or fax: 266

769 855 or email: dre.ippar@ippar.pt

http://www.ippar.pt/monumentos/sitio_cucufate.html



JAZZ on a FRIDAY
Bon-Bon Restaurant in Carvoeiro (Sesmarias) Cool 'n Mellow; Stylish 'n Sophisticated Mellow Jazz featuring 'The Swing Thing' (piano & vocals) every Friday from 8h00 to 23h00.

282 341 496 for reservations

LIVE CONCERTS

Mariza Gala - Portimão & Vilamoura



Born in Mozambique but raised in Portugal, singer Mariza became one of the most popular fado performers ever after releasing her debut album *Fado em Mim*, which went quadruple platinum and launched her into the international scene. Mariza's knowledge of jazz and blues helped her make one of the most interesting European folk records in the new millennium. In October Mariza was honoured with the International Career Prize by Amália Rodrigues Foundation, and was proud to be also nominated by the Portuguese Committee of UNICEF to become a National Ambassador.

Mariza has performed concerts on four continents with notable success and full houses and now is your chance to see her live at the Casino Gala on May 4th at Hotel Algarve from 10.30pm and May 5th at 10.30pm. Concert and dinner cost €60 per person for a truly wonderful experience. Call 289 310 000 for more information and reservations.

Big choral

The Coral Sinfônico de Portugal will be performing 'The Armed Man' by Karl Jenkins at 9.30 pm on Sunday 6th May 2007, at the Teatro Virginia in Torres Novas, just over an hour's drive north of Lisbon. The musical director is Saraswati. The piece is accompanied by an orchestra of nearly 60 professional musicians, and the soloists are Liliana Bizineche (mezzo-soprano), and Armando Possante (bass). The concert also includes *Overture for a new Queen* by Jorge Salgueiro. *The Armed Man: A Mass for Peace*. This outstanding full-scale multi-cultural work of choral music and poetry

has become a much-loved part of the musical landscape since its first appearance in 2000. The composer Karl Jenkins is already popular for compositions such as *Adiemus – Songs of Sanctuary*, played on Britain's Classic FM music channel and elsewhere. It was first conceived and brought to birth in the unlikely surroundings of the Tower of London. The Royal Armouries Museum, guided by Guy Wilson and Bob Smith, began to look for an appropriate way to celebrate the Millennium, and liked the idea of a musical commission.

At the same time, the Armouries had been holding special concerts at their new museum in Leeds. These featured music heard by men of war

in the middle ages, such as the Masses of *L'Homme Armé* which were derived from a song written at the Court of Charles the Bold in Burgundy circa 1450. "The armed man must be feared," but the war-torn centuries must also be left behind in a new era of peace. From these ideas, with the assistance of Classic FM's Music Charitable Trust, Karl Jenkins developed a modern 'Armed Man Mass'. In it, he intersperses sections of poetry with parts of the Mass and other sacred texts, and mingles full choral movements with bravura solos and duets, plus an Islamic Call to Prayer. Its form is comparable to Benjamin Britten's War Requiem, though its tonality is perhaps more approachable. All the words are in

FIMA – Algarve International Music Festival

This music festival will be taking place until 9th June, with maestro Osvaldo Ferreira as its artistic director. The festival includes 13 concerts and the participation of 200 musicians and artists, both Portuguese and international. Come and be part of this festival which will be held in historical venues such as the Igreja Matriz in Alvor, or other more modern venues such as the Teatro das Figuras in Faro or the Municipal Auditorium in Lagoa. The next concerts are: Virtuosos of St

Petersburg on May 3rd (António Aleixo Cultural Centre Vila Real Stº António from 9.30pm) and 4th (Lagos Cultural Centre, from 9.30pm). Ute Lemper on May 5th at Teatro das Figuras in Faro from 9.30pm. Camerata Antiqua de Curitiba Choir on May 18th (Portimão Main church, 9.30pm), May 19th at Teatro das Figuras in Faro from 9.30pm and May 20th at António Aleixo Cultural Centre (Vila Real Stº António from 9.30pm). Call 289 888 100 for more information.

Ute Lemper

Dancer, actress, painter and singer are some of the titles that Ute Lemper carries. Lemper, named Billboard's Crossover Artist of the Year for 1993/1994, is a prolific recording artist, appearing on numerous cast recordings and compilation concerts, including Roger Waters' *The Wall* concert in 1990. As a solo artist, her extensive dis-

cography includes ubiquitously well-reviewed interpretations of Kurt Weill's compositions from the late 1980s, in addition to German cabaret songs, which were very political songs sung in underground locations in 1930s Berlin and elsewhere. See her live at Faro Teatro das Figuras on May 5th and at Belém Cultural Centre in Belém from 9pm on May 6th. Tickets are €26 to €48.

Student Academic Week Concerts

Every year Faro university organise the well known 'Semana Academica', which features some of Portugal most talented artist, and international alike. It attracts thousand of people from all over. Here are just some of the performances coming to Largo de São Francisco in Faro.

Friday – May 4th
Terraota
Expensive Soul
Desperados

Saturday – May 5th
Iris with Orchestra
4Taste
Mundo Secreto

Sunday – May 6th
Capitão Fantasma
Tara Perdida
Moonspell

Monday – May 7th
4Dance
Fio Dental
Bonga

Tuesday – May 8th
MAU
Blasted Mechanism

Wednesday – May 9th
Bando JAH
Quem é o Bob
Patrice

Thursday – May 10th
Yena
Xutos & Pontapés
Friday May 11th
Sabor Latino
Buraka Som Sistem

Saturday – May 12th
Sam The Kid
Da Weasel
DJ Vibe

COMING SOON

COMING SOON

BOX OFFICE

COMING SOON

COMING SOON

MAY

Jazz Festival of São Luiz – May 11th to 13th at Municipal Theatre of São Luiz in Lisbon. Tickets: €15 to €30.

Creamfields Lisbon Festival –

May 19th at Parque da Bela Vista in Lisbon from 3pm. Performances: The Prodigy; Placebo; Da Weasel; Soulwax; Expensive Soul; Digitalism; Spektrum; Max Romeo; Dub Incorpor-

ation; Slightly Stoopid; Jahcoustic; Wraygunn; The Vicious Five; The Poppers; 2 Many DJs; Who Made Who, You Should Go Ahead and more. Tickets €40 to €50.

Blind Zero – May 18th at São Brás de Alportel Cine-Teatre. Further info TBA.
Mickael Carreira – May 19th at Coliseu in Lisbon from 10pm. Tickets: €17.50.
Beyoncé – May 24th from 8.30pm at Pavilhão Atlântico, Tickets: €30 to €42.
Rui Veloso – May 25th and 26th at Póvoa de Varzim Casino from 11pm. Tickets: €50.

Dave Mathews Band – May 27th at Pavilhão Atlântico in Lisbon. Tickets: €30 to €42.

Beastie Boys Instrumental – June 11th at Aula Magna in Lisbon. Tickets: €30 to €50.

Thin Lizzy – June 14th at Lisbon Coliseu. Further info TBA.

Expensive Soul – June 15th at Vila de Rei from 11pm.

Ney Matogrosso – June 16th at Lisbon Coliseu from 10pm. Tickets: €20 to €60.

Il Divo – June 20th at Pavilhão Atlântico in Lisbon from 9pm. Tickets: €25 to €80.

My Chemical Romance – June 24th at Lisbon Coliseu. Tickets: €25.

Rolling Stones – June 25th at Lisbon

LIVE CONCERTS

Estádio Alvalade XXI. Tickets: €69 to €142.

Type O Negative – June 27th at Lisbon Coliseu from 9pm. Tickets: €25.

Ricky Martin – June 30th at Pavilhão Atlântico from 9pm. Tickets: €30 to €42.

The Chemical Brothers – July 12th in Lisbon. Venue, hour and prices TBA.

Arctic Monkeys – July 18th at Coliseu in Lisbon from 9pm. Tickets: €27.

Delfins – May 31st at Cascais Lótus. Further info TBA.

Luis Represas – July 19th at Estoril Casino from 10.30pm. Entrance is free.

Aimee Mann – July 25th at Lisbon Coliseu from 9pm. Tickets: €20 to €50.

Type O Negative – July 27th at Coliseu in Lisbon.

Nelly Furtado – July 27th at Albufeira Municipal Stadium €35 - €40 and July 29th at Cantanhede. Further info TBA.

September

GNR, The Guft, Boss AC, Blasted Mechanism, DJ Henrique Amaro, Desperados – September 7th at Pavilhão Atlântico in Lisbon. Further info TBA.

Rolling Stones – June 25th at Lisbon

JUNE

Festival Oeiras Alive – June 8th: Pearl Jam; Linkin Park; Blasted Mechanism; The Used; The Sounds; Uncle Bob. June 9th: Smashing Pumpkins; The White Stripes; Plastica; The Vicious Five; Da Punksporfit; Desperados. June 10th: Beastie Boys; Da Weasel; Sam The Kid; Buraka Som Sistema; Bionik Brown. Event at Oeiras Passeio Marítimo de Algés from 6pm. Tickets: €45 to €90.

Super Bock Super Rock – Parque do Tejo in Lisbon on June 28th.

Performers: Metallica; Joe Satriani; Mastodon; Stone Sour; The Blood Brothers; More Than a Thousand & Men Eater. Tickets: €40 – day pass. €78 – four day pass with free camping.

Doors open at 5pm.

Vans Club Tour – Strike Anywhere & Devil in Me & TBA in Lisbon on June 29th and Algarve on June 30th. Further info TBA.

Luis Represas – July 19th at Estoril Casino from 10.30pm. Entrance is free.

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Rolling Stones – June 25th at Lisbon

Tickets: €40 – day pass. €78 – four day pass with free camping.

Vilar de Mouros – July 20th until 22nd in Vilar de Mouros. Performances: Brian Wilson (22nd). Further info. TBA.

Music of the World – July 20th until 22nd in Porto Covo. Further info TBA.

Music of the World – July 25th until 28th in Sines. July 26th – Don Byron. Further info TBA.

August

Sudoeste Festival – August 2nd until 5th at Herdade da Casa Branca in Zambujeira do Mar everyday from 5pm.

Tickets: €70 with parking & camping included. Performances: Aug. 2nd – Stone Sour; The Blood Brothers; More Than a Thousand & Men Eater. Tickets: €40 – day pass. €78 – four day pass with free camping.

Doors open at 5pm.

Vans Club Tour – Strike Anywhere & Devil in Me & TBA in Lisbon on June 29th and Algarve on June 30th. Further info TBA.

Intercéltico de Sendim – Two day

MUSIC FESTIVALS

festivals in Sendim. Performances: Aug. 3rd – Solas, Tradere, Trasga. Aug. 4th – Four Men and a Dog, Képa Junkera, Dazkaredi. Further info TBA.

Festival Paredes de Coura – August 12th until 15th at Praia Fluvial do Tabulario in Paredes de Coura. Tickets: €40 to €70. Performances: Aug. 14th – Gogol Bordello. Aug. 15th – Sonic Youth; Cessei de Sei Sexy.

Super Bock Surf Fest – August 14th and 15th in Sagres Praia do Tonel. Aug. 14th – TBA. Aug. 15th – Lily Allen; Dub Incorporation; Mad Caddies; Culcha Candela. Further info TBA.

SEPTEMBER

Festa do Avante! – September 7th until 9th at Quinta da Atalaia in Amora. Further info TBA.

LIVE SHOWS

the young ones, with performances from Noddy, Bob the Builder, and other well known children characters yet to be confirmed. Tickets: €25 to €220 (VIP Pack)

DECEMBER

Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am

3.30pm and 7.30pm on December 8th. Minimum age of 3.

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

WALKS

Let's Walk from Santa Margarida

Wonderful views and a very different countryside on this moderately easy two hour circular walk where there are still plenty of flowers and the air is full of the scent of orange blossom on Saturday April 28th and Monday, April 30th. All welcome - please just come along (€4 per person), 10.30am start - meet at the Pêr do Sol cafe, Santa Margarida. Take the road from Messines to Alte and at the roundabout turn left into Alte, take the first road left which heads up hill



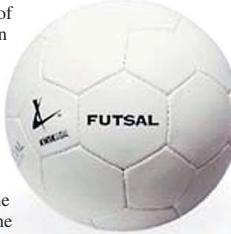
FOOD



Tavira Seafood Gastronomy fair

Tavira is organizing the 4th seafood gastronomy fair, with typical seafood cuisine of the region being served in 13 participating restaurants from May 5th until May 20th. Try the restaurants and specialties, and be in with a chance of winning a weekend close to the sea at one of the local hotels and 'residencias'. Restaurants taking part are: Bica (Tavira); Brisa do Rio (Tavira); Cabanas Park

first female UEFA futsal championships on April 27th, 28th and 29th at the Lagoa and Parchal sport arenas, where six teams will compete for the title.



FOOD

When A Crocodile Eats The Sun

By Peter Godwin, is published in hardback by Picador. Available now.

From the brilliant Zimbabwe-born author and journalist Peter Godwin, *When A Crocodile Eats The Sun* is the hotly-anticipated follow-up to *Mukwa: A White Boy In Africa*, and it certainly doesn't disappoint.

Tinged with memories of a magical childhood in Africa, the systematic decimation of Zimbabwe is a subject close to Godwin's heart, and makes this book an extraordinarily powerful and emotional memoir of a country who's suffering has been largely forgotten - or indeed ignored - by the rest of the world.

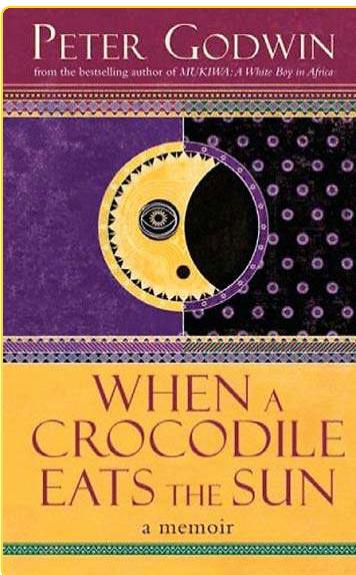
The Zulus have an ancient belief that solar eclipses only occur when a crocodile eats the sun, but it also works as a perfect metaphor to describe the terrifying descent into darkness which has all-but enveloped Zimbabwe since Robert Mugabe was elected as President in 1980.

Currently living between

Manhattan with his young family and Zimbabwe where his mother faces life as a recent widow, Godwin's unconcealed passion and despair at the country's decline only make *When A Crocodile Eats The Sun* all the more poignant.

The reason why the world continues to ignore the plight of a nation at breaking point is one question that Godwin cannot answer - but then who can?

Emma
Pomfret





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SPORT

Kawasaki Motorross Competition

This annual competition is now becoming well known for being the 'May Day Competition', taking place on May 1st at the Cortelha Motorcross Circuit in Salir, Loulé, organised by the Corelha Friends Association. Being held for the 27th time, the competition will bring together the best Portuguese motocross riders, for a programme, which includes trials in the morning during



THEATRE

Don Juan Comes Back from the War

The 12 year IB Theatre Arts students from St Julian's School will be presenting their latest play, *Don Juan Comes Back from the War* on May 3rd, 4th and 5th from 7.30pm. Tickets are €20 for a table of four. Individual tickets are €6. Price includes refreshments and nibbles. E-mail theatreensemble@mac.com.



1º Festival de Música de Messines
1st Music Festival of Messines

Bandas e DJs
Bands & DJs

Soldiers
Stratosfear
Dj Mike Fish
The South Soldiers
Dj Witch Doctor

Entrada Livre
Free Entrance

30 Abril - 1º Maio 2007 - Passadeiras
21.30h



Teenage Mutant Ninja Turtles



Blood & Chocolate



Wild Hogs



The Reaping



Moscow Zero



Perfect Stranger



Sunshine



The Number 23



The Good German



The Reaping



The Number 23



Meet the Robinsons

ALGARVE

SBC
FORUMALGARVE
TEL: 289 887 212
26 APR-2 MAY



1 Because I Said So

Diane Keaton, Mandy Moore
14.50-17.10-19.30-21.50 (00.10 Thu-Sun)

2 Ne Le Dis à Personne / Tell No One

François Cluzet, Marie-Josée Croze
13.10-15.50-18.35-21.20 (00.05 Thu-Sun)

3 Meet the Robinsons

Animation PV
(10.30 Sat & Sun)

4 Bridge to Terabithia

Josh Hutcherson, Anna Sophia Robb
(11.50 Sat & Sun)

5 Sunshine

Cillian Murphy, Michelle Yeoh
(23.15 Thu-Sun)

6 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe
(12.50 Sat & Sun) 15.10-17.25-19.50-22.10

7 The Number 23

Jim Carrey, Virginia Madsen
(00.30 Thu-Sun)

8 Wild Hogs

Tim Allen, John Travolta
(12.00 Sat & Sun) 14.30-16.50-19.10-21.30 (23.50 Thu-Sun)

9 The Reaping

Hillary Swank, Idris Elba
13.05-15.15-17.40-20.00-22.20 (00.40 Thu-Sun)

10 300

Gerard Butler, Rodrigo Santoro
(17.00 except Sat & Sun) 22.00 (00.35 Thu-Sun)

11 Teenage Mutant Ninja Turtles

Animation PV
(14.40 except Sat & Sun) 19.40 (11.00-13.10-15.20-17.30-19.40 Sat & Sun)

12 The Good German

George Clooney, Cate Blanchett
21.10 (23.40 Thu-Sun)

13 Sunshine

Cillian Murphy, Michelle Yeoh
13.50-16.15-18.40

14 Shooter

Mark Wahlberg, Michael Peña
16.10-18.55-21.40 (00.25 Thu-Sun)

15 The Good German

George Clooney, Cate Blanchett
13.40

CASTELLO LOPEZ CINEMAS PORTIMÃO
TEL: 707 220 220
26 APR-2 MAY



1 Because I Said So

Diane Keaton, Mandy Moore
13.45-16.00-18.40-21.20-23.50

2 Teenage Mutant Ninja Turtles

Animation PV
13.40-15.40-17.25-19.20

3 Shooter

Mark Wahlberg, Michael Peña
21.15-23.45

4 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe
13.40-15.35-17.35-19.35-21.30

5 300

Gerard Butler, Rodrigo Santoro
23.40

6 The Number 23

Jim Carrey, Virginia Madsen
13.55-16.10-18.50-21.50-00.05

7 Wild Hogs

Tim Allen, John Travolta
13.50-16.05-18.45-21.40-00.00

8 Bridge to Terabithia

Josh Hutcherson, Anna Sophia Robb
14.00-16.15-18.55-21.40-00.10

CASTELLO LOPEZ CINEMAS ALGARVE SHOPPING
TEL: 707 220 220
26 APR-2 MAY



1 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe
13.20-15.20-17.20-19.20-21.25-00.10

2 Because I Said So

Diane Keaton, Mandy Moore
13.35-16.15-18.50-21.30-23.55

3 300

Gerard Butler, Rodrigo Santoro
13.25-15.50-18.30-21.15-00.05

4 The Number 23

Jim Carrey, Virginia Madsen
13.30-16.00-18.10-21.35-00.00

5 Shooter

Mark Wahlberg, Michael Peña
13.00-15.40-18.40-21.20-00.15

6 The Reaping

Hillary Swank, Idris Elba
13.50-16.10-18.20-21.40-00.30

7 Wild Hogs

Tim Allen, John Travolta
13.40-16.20-19.00-21.45-00.25

8 Bridge to Terabithia

Josh Hutcherson, Anna Sophia Robb
13.10-15.30-17.50-21.10-23.40

9 Teenage Mutant Ninja Turtles

Animation PV
13.05-15.05-17.05-19.05

10 Sunshine

Cillian Murphy, Michelle Yeoh
21.10-00.20

CENTRE

LUSOMUNDO ALMADA FORUM
TEL: 707 246362
26 APR-2 MAY

Ne Le Dis à Personne / Tell No One
François Cluzet, Marie-Josée Croze

11 Bridge to Terabithia

Josh Hutcherson, Anna Sophia Robb
La Môme / La Vie en Rose

12 Butterfly: Grimm Love Story / Rothenbourg

Keri Russell, Thomas Kretschmann
Because I Said So

13 Diane Keaton, Mandy Moore

Wild Hogs

14 Tim Allen, John Travolta

Teenage Mutant Ninja Turtles

15 Animation PV

16 The Reaping

Hillary Swank, Idris Elba
Blood and Chocolate

17 Agnes Bruckner, Hugh Dancy

18 The Last Kiss

Zack Braff, Jacinda Barrett

LUSOMUNDO COLOMBO
TEL: 707 246362
26 APR-2 MAY

LUSOMUNDO COLOMBO

TEL: 707 246362
26 APR-2 MAY

Ne Le Dis à Personne / Tell No One
François Cluzet, Marie-Josée Croze

14 Bridge to Terabithia

Josh Hutcherson, Anna Sophia Robb
Silent Hill

15 Radha Mitchell, Sean Bean

6 Butterfly: Grimm Love Story / Rothenbourg
Keri Russell, Thomas Kretschmann

7 Wild Hogs

Tim Allen, John Travolta
Teenage Mutant Ninja Turtles

8 Animation PV

The Reaping

Hillary Swank, Idris Elba
Blood and Chocolate

10 Agnes Bruckner, Hugh Dancy

Shooter

Mark Wahlberg, Michael Peña

Perfect Stranger

Halle Berry, Bruce Willis

11 The Hitcher

Sean Bean, Sophia Bush

Shooter

Mark Wahlberg, Michael Peña

12 The Number 23

Jim Carrey, Virginia Madsen

13 Perfect Stranger

Halle Berry, Bruce Willis

14 Blood and Chocolate

Agnes Bruckner, Hugh Dancy

16 Teenage Mutant Ninja Turtles

Animation PV

18 The Reaping

Hillary Swank, Idris Elba

Blood and Chocolate

Agnes Bruckner, Hugh Dancy

Shooter

Mark Wahlberg, Michael Peña

20 The Number 23

Jim Carrey, Virginia Madsen

21 300

Gerard Butler, Rodrigo Santoro

22 Meet the Robinsons

Animation PV 3D Digital

23 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

24 Meet the Robinsons

Animation PV 3D Digital

25 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

26 Meet the Robinsons

Animation PV 3D Digital

27 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

28 Meet the Robinsons

Animation PV 3D Digital

29 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

30 Meet the Robinsons

Animation PV 3D Digital

31 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

32 Meet the Robinsons

Animation PV 3D Digital

33 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

34 Meet the Robinsons

Animation PV 3D Digital

35 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

36 Meet the Robinsons

Animation PV 3D Digital

37 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

38 Meet the Robinsons

Animation PV 3D Digital

39 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

40 Meet the Robinsons

Animation PV 3D Digital

41 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

42 Meet the Robinsons

Animation PV 3D Digital

43 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

44 Meet the Robinsons

Animation PV 3D Digital

45 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

46 Meet the Robinsons

Animation PV 3D Digital

47 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

48 Meet the Robinsons

Animation PV 3D Digital

49 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

50 Meet the Robinsons

Animation PV 3D Digital

51 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

52 Meet the Robinsons

Animation PV 3D Digital

53 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

54 Meet the Robinsons

Animation PV 3D Digital

55 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

56 Meet the Robinsons

Animation PV 3D Digital

57 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

58 Meet the Robinsons

Animation PV 3D Digital

59 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

60 Meet the Robinsons

Animation PV 3D Digital

61 Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

62 Meet the Robinsons

Animation PV 3D Digital

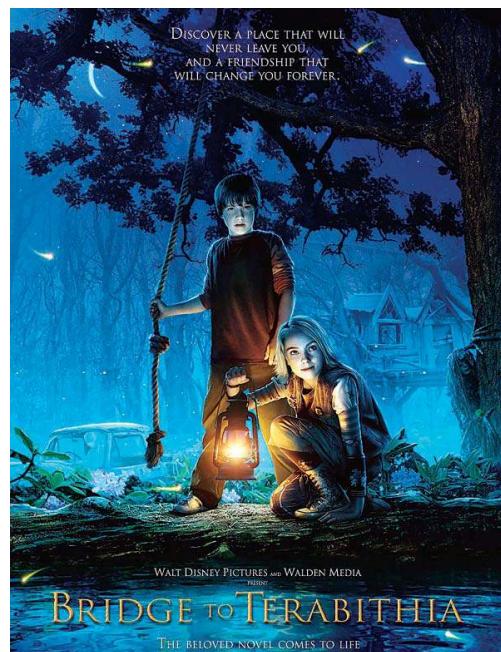
63 Mr. Bean's Holiday

Rowan Atkinson, Willem Da



Animation master Gabor Csupo directs his first live-action film in this adaptation of the novel *The Bridge to Terabithia*, by Katherine Paterson, whose son David co-wrote the screenplay and serves as a producer. Jess (Josh Hutcherson) is misunderstood. Despite Jess' talents as an artist, the school bullies pick on him, his father (Robert Patrick) belittles his dreams, and his four sisters invade his space in the family's cramped house. Jess' bleak world changes when Leslie (AnnaSophia Robb) moves into the house next door.

Bright, creative and outspoken, Leslie also finds herself an outsider in their school. Soon the two are thick as



thieves, spending their after school hours exploring the woods beyond their backyards and on

the other side of a creek, which Leslie deems the kingdom of Terabithia. Here, they create their

own magical world, complete with a Dark Master and his minions, dragonfly soldiers, giant trolls and a treehouse fortress. In Terabithia, the two friends let their imaginations run wild and control their destiny, far away from school bullies and the pressures of adolescence.

Parents should read the book or learn more about the story before taking young children to see this film, as the story includes not only some scary creatures, but also the death of a young person. *Terabithia* and its creatures are created by WETA Digital LTD, the same company that did the effects for the *Lord of the Rings* trilogy and *King Kong*.



DIANE KEATON MANDY MOORE



BECAUSE I SAID SO

Powerhouse actresses Diane Keaton, Mandy Moore, Lauren Graham and Piper Perabo serve up the laughs when they join director Michael Lehmann (*The Truth about Cats & Dogs*, *40 Days and 40 Nights*, *Heathers*) in his new film about cutting the apron strings, *Because I Said So*.

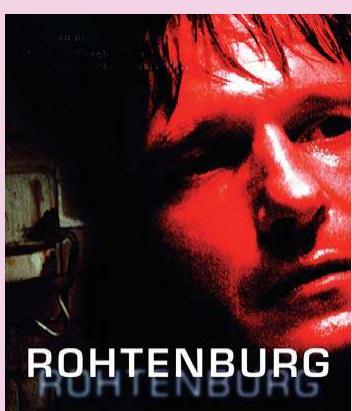
Diane Keaton stars as Daphne Wilder, a mother whose love knows no bounds or boundaries. She is the proud mom of three daughters: stable psychologist Maggie (Lauren Graham), sexy and irreverent Mae (Piper Perabo) and insecure, adorable Milly (Mandy Moore), who, when it comes to men, is like psychotic flypaper.

In order to prevent her youngest from making the same mistakes she did, Daphne decides to set Milly up with the perfect man. Little does Milly know, however, that her mom placed an ad in the online personals to find him. Comic mayhem unfolds as Daphne continues to do the wrong thing for the right reasons...all in the name of love.

In a hilarious battle of strong wills, the mother-daughter dynamic is tested in all its fierce, wacky complexity. The girls help Daphne finally discover the truths and impossibilities of motherly love, all while trying to answer the questions: where does it begin and where should it end?



Katie Armstrong (Keri Russell), a young American woman studying Criminal Psychology in Germany finds herself inexplicably drawn to a murder case which would soon become the subject of her thesis.



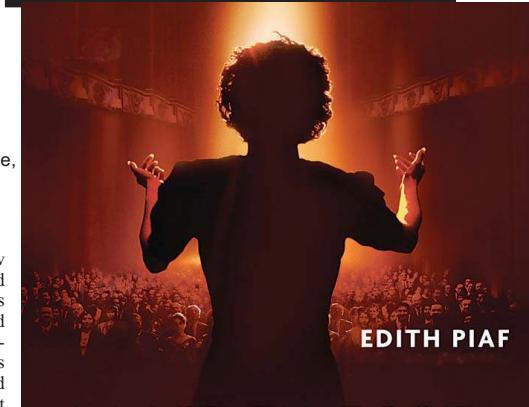
The psychology behind Oliver Hartwin (Thomas Kretschmann), a homosexual cannibal killer who advertised on the Internet for a lover willing to be murdered and devoured as the ultimate act of love and self-sacrifice. As a woman whose past relationships have all failed, Katie doubts her own ability to find love and becomes obsessed with understanding their relationship. While researching Oliver, Katie becomes entrenched in his life, and begins to delve deeper and deeper into his past.

She explores his childhood and the childhood of his victim looking for any clues as to what made him become what he is today. Piece by piece she fleshes them up by retracing both of their lives systematically. Their homes, their jobs, their relationships.

From children into adulthood, she begins to lose herself in their story. With every new discovery, her emotions begin to get the better of her. Katie lets herself go, compulsively plunging into a deeply alienated lifestyle. This downward spiral culminates in the discovery of the video-tape made by Oliver recording the final moments of his victim's life. Witnessing the courtship between the two men, and the final atrocity of the killing, Katie hits rock bottom. At the base of her own emotional sanity, she discovers the inner strength to pick herself up and begin the smallest steps to rebuilding her life.

From childhood to glory, from triumph to despair, from Belleville to New York, the extraordinary life of Edith Piaf. The true story of her incredible destiny opens a window onto the artist's soul and into a woman's heart. Intimate, intense, fragile and indestructible, ready to make any sacrifice for her art, please welcome the most immortal singer of them all...

From the slums of Paris to the limelight of New York, Edith Piaf's life was a battle to sing and survive, live and love. Raised in poverty, Edith's magical voice and her passionate romances and friendships with the greatest names of the period, Yves Montand, Jean Cocteau, Charles Aznavour, Marlene Dietrich, Marcel Cerdan and others, made her a star all around the world. But in her audacious attempt to tame her tragic destiny, the Little Sparrow, her nickname, flew so high she could not fail to burn her wings. Starring Marion Cotillard, Emmanuelle Seigner and Gérard Depardieu.



LA VIE EN ROSE



Sex and love. Some seek it, some need it, some spurn it and some pay for it, but we're all involved in it. However, the only thing that truly connects us is our attempt to connect. Whether it be emotional, physical, subliminal or sexual, as human beings we need to make contact with others. *Scenes of a Sexual Nature* is set on one afternoon on Hampstead Heath, the film investigates the minutiae of seven couples. Starring Hugh Bonneville, Tom Hardy, Adrian Lester, Andrew Lincoln, Gina McKee, Elle Macpherson, Sophie Okonedo, Catherine Tate, Polly Walker and Ewan McGregor.



CELEB NEWS

Actress **Salma Hayek** is urging women to take control of their lives and help others in an effort to end domestic violence. The Oscar-nominated Frida actress has joined a Marie Claire crusade to wipe out domestic violence in the next 10 years and thinks it's time women started to make a stand to demand the respect they deserve. She says, "Men have been running the world and - I'm sorry - but they have not taken us to a good place. We are in crisis. What would happen if women were in power? What decisions would we make? If women are going to have the self-respect they need to go out and make a change in society, it has to start with how they're treated in their homes."

Pregnant Hayek admits she was introduced to domestic violence at a young age - when her father attempted to stop a man from beating up his wife in the street. She recalls, "Instead of being grateful, she (the beaten woman) turned and started beating him (father) for defending her. Some people might say, 'Well, then it's her fault,' but it made me realize she needed much more help than someone breaking up a fight." 

Tina Turner is set to play her first show in seven years at London's Natural History Museum to raise cash for a children's charity. The singer will headline a benefit concert for the Cauldwell Children charity next month, according to new Internet reports. The singer, 67, tells website Soundgenerator.com, "I am delighted to be associated with a charity which reaches out to so many young people. If my songs make people dig deep into their pockets, then I will have achieved my aim." Those hoping to see Turner come out of retirement for the night will have to take part in the charity's upcoming raffle. Turner is currently completing her first album in eight years. 

Music and Lyrics star **Drew Barrymore** has been named the new face of cosmetics firm CoverGirl. The *Riding in Cars with Boys* actress, 32, will pose for and act as a consultant for a new CoverGirl campaign, which is expected to debut at the beginning of 2008. She says, "I want to honor the tradition of CoverGirl but hopefully bring myself and my personality into it." In a statement, CoverGirl Cosmetics North America vice president and general manager Esi Eggleston Bracey says, "We partnered with Drew because she emulates the iconic image of CoverGirl with her fresh, natural beauty and energetic yet authentic spirit." 

Tom Selleck is in negotiations to return to TV as **James Caan**'s replacement in hit drama *Las Vegas*. The former **Magnum, P.I.** star is in talks to play a casino owner on the show. His character is designed to fill the void left by the departure of Caan, who recently announced he wouldn't be returning for a new season of the show earlier this year.

Josh Duhamel and model/actress **Molly Sims** are expected to return for the fifth season of the show. 

Reformed rockers **The Police** will headline the US leg of former US Vice President **Al Gore**'s summer *Live Earth*

environmental awareness mega-gig. The trio will be joined onstage at New Jersey's Giants Stadium on July 7 by fellow reunited rock act **Smashing Pumpkins**, **Alicia Keys**, **Akon**, **Dave Matthews Band**, **Bon Jovi**, **AFI**, **Kanye West**,

Roger Waters and **Fall Out Boy**. **Madonna** was announced as the headlining act for the UK leg of *Live Earth* at London's Wembley Stadium, which will also feature reformed

Genesis, the **Red Hot Chili Peppers** and **James Blunt**. *Live Earth* concerts will also be held on July 7 in Johannesburg, Rio de Janeiro, Shanghai, Sydney and Tokyo. The shows are aimed at highlighting the issue of climate change. 

NORTH

UCICINEMAS ARRABIDASHOPPING
TEL: 707 23 22 21
26 APR-2 MAY

- 1 **Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- 2 **Shooter**
Mark Wahlberg, Michael Peña
- 3 **300**
Gerard Butler, Rodrigo Santoro
- 4 **Norbit**
Eddie Murphy, Thandie Newton
- 5 **The Namesake**
Kal Penn, Tabu
- 6 **Moscow Zero**
Vincent Gallo, Val Kilmer
- 7 **The Painted Veil**
Naomi Watts, Edward Norton
- 8 **Meet the Robinsons**
Animation PV
- 9 **300**
Gerard Butler, Rodrigo Santoro
- 10 **Perfect Stranger**
Halle Berry, Bruce Willis
- 11 **Scenes of a Sexual Nature**
Ewan McGregor, Sophie Okonedo
- 12 **Teenage Mutant Ninja Turtles**
Animation
- 13 **Blood Diamond**
Djimon Hounsou, Leonardo DiCaprio
- 14 **The Reaping**
Hillary Swank, Idris Elba
- 15 **Butterfly: Grimm Love Story / Rohtenbourg**
Keri Russell, Thomas Kretschmann
- 16 **The Number 23**
Jim Carrey, Virginia Madsen
- 17 **Wild Hogs**
Tim Allen, John Travolta
- 18 **Bridge to Terabithia**
Josh Hutcherson, Anna Sophia Robb
- 19 **Premonition**
Sandra Bullock, Julian McMahon
- 20 **Because I Said So**
Diane Keaton, Mandy Moore

LUSOMUNDO BRAGAPARQUE
TEL: 707 246362
26 APR-2 MAY

Ne Le Dis à Personne / Tell No One
Francois Cluzet, Marie-Josée Croze

Wild Hogs
Tim Allen, John Travolta

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb

Meet the Robinsons
Animation PV 3D Digital

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

LUSOMUNDO FORUMAVEIRO
TEL: 707 246362
26 APR-2 MAY

Ne Le Dis à Personne / Tell No One
Francois Cluzet, Marie-Josée Croze

Wild Hogs
Tim Allen, John Travolta

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb

Meet the Robinsons
Animation PV 3D Digital

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

LUSOMUNDO FORUMCOIMBRA
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26 APR-2 MAY

Ne Le Dis à Personne / Tell No One
Francois Cluzet, Marie-Josée Croze

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation

Shooter
Mark Wahlberg, Michael Peña

The Last Kiss
Zack Braff, Jacinda Barrett

The Number 23
Jim Carrey, Virginia Madsen

300
Gerard Butler, Rodrigo Santoro

Dot.com
João Tempera, Maria Adanéz

Perfect Stranger
Halle Berry, Bruce Willis

Sunshine
Cillian Murphy, Michelle Yeoh

300
Gerard Butler, Rodrigo Santoro

Meet the Robinsons
Animation PV

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

LUSOMUNDO FORUMVISEU
TEL: 707 246362
26 APR-2 MAY

Ne Le Dis à Personne / Tell No One
Francois Cluzet, Marie-Josée Croze

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation

Shooter
Mark Wahlberg, Michael Peña

The Last Kiss
Zack Braff, Jacinda Barrett

The Number 23
Jim Carrey, Virginia Madsen

300
Gerard Butler, Rodrigo Santoro

Meet the Robinsons
Animation PV

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

LUSOMUNDO FOZPLAZA
TEL: 707 246362
26 APR-2 MAY

Ne Le Dis à Personne / Tell No One
Francois Cluzet, Marie-Josée Croze

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation

Shooter
Mark Wahlberg, Michael Peña

The Last Kiss
Zack Braff, Jacinda Barrett

The Number 23
Jim Carrey, Virginia Madsen

300
Gerard Butler, Rodrigo Santoro

Dot.com
João Tempera, Maria Adanéz

Perfect Stranger
Halle Berry, Bruce Willis

The Reaping
Hillary Swank, Idris Elba

Blood and Chocolate
Agnes Bruckner, Hugh Dancy

Shooter
Mark Wahlberg, Michael Peña

The Last Kiss
Zack Braff, Jacinda Barrett

The Number 23
Jim Carrey, Virginia Madsen

300
Gerard Butler, Rodrigo Santoro

Meet the Robinsons
Animation PV

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

LUSOMUNDO PARQUENASCENTE
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26 APR-2 MAY

Ne Le Dis à Personne / Tell No One
Francois Cluzet, Marie-Josée Croze

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation

Shooter
Mark Wahlberg, Michael Peña

The Last Kiss
Zack Braff, Jacinda Barrett

The Number 23
Jim Carrey, Virginia Madsen

300
Gerard Butler, Rodrigo Santoro

Meet the Robinsons
Animation PV

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

LUSOMUNDO GAIASHOPPING
TEL: 707 246362
26 APR-2 MAY

Ne Le Dis à Personne / Tell No One
Francois Cluzet, Marie-Josée Croze

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation

Shooter
Mark Wahlberg, Michael Peña

The Last Kiss
Zack Braff, Jacinda Barrett

The Number 23
Jim Carrey, Virginia Madsen

300
Gerard Butler, Rodrigo Santoro

Dot.com
João Tempera, Maria Adanéz

Perfect Stranger
Halle Berry, Bruce Willis

The Reaping
Hillary Swank, Idris Elba

Blood and Chocolate
Agnes Bruckner, Hugh Dancy

Shooter
Mark Wahlberg, Michael Peña

The Last Kiss
Zack Braff, Jacinda Barrett

The Number 23
Jim Carrey, Virginia Madsen

300
Gerard Butler, Rodrigo Santoro

Meet the Robinsons
Animation PV

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

LUSOMUNDO

<p

Announcements

SUSAN BANCROFT - 04/01/1947 - 21/04/2007. Susan passed away in Portimão hospital 2.15am. She leaves behind children Craig, Claire & Howard, three grandchildren, sister Shirley, brother Brian. Service to be held at Home, Est. Nac 125, 8400 Lagoa, 13.00 on Friday 27/04/2007. No flowers please, the Bombeiros of Lagoa will be present to receive donations.

My dear mother, Maria Celeste Abrunhosa Cardoso, passed away at 1.37 am on April 24th. She was 65 years old, and those who had the pleasure of knowing her, found that she was an outstanding human being. She will be greatly missed by her loving son, Marco Cardoso.

ST. ANDREW'S Society is holding a Ceilidh at Ponto Romano Restaurante in Silves on 19th May at 7.00pm. Please phone Cathy on mobile 919 635 246 for tickets.

NEW TO the Algarve - International Creole Cuisine - Restaurante O Monte Quinta Velha Cabanas de Tavira. Reservations: mobile: 964 432 465.

Charity sales

LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

Every day 100 people start to lose their sight. Your support helps rebuild lives devastated by sight loss.

The Sunshine Fund for Blind Children (RNIB) need all your **new and used stamps**, which are sold to raise much-needed funds. If you would like to help, post your stamps to: *The Portugal News, Apartado 13, 8401-901, Lagoa.* (and we will forward them on) OR R N I B, 20 Bowers Road, Benfleet, Essex, SS7 5PZ, England.

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Is your home phone in someone else's name or perhaps in an off-shore company name? Do your friends have problems finding your number? No problem, call DQ on 760 50 60 70 and place your number in our residential directory, free of charge. Fixed line, fax, mobile - you choose. We also offer a restricted access service, also free, which means your number is only made available to people who can correctly answer a confidential question provided by you.



Employment Centre

Offered & Sought

BAR STAFF - M/F required for busy Irish pub in Cascais. Must be fluent in English. To start immediately. Contact Karen 961 679 077 / 214 861 627.

CARER SEEKS employment looking after elderly patient / or similar. Speaks English / Portuguese. Fully qualified. Call Nana on 966 634 809.

ADMINISTRATIVE ASSISTANT required for busy office in Boliqueime. Computer literate, accounts, general office work. Fluent English and Portuguese. Please send your CV in English to algarvesteelbuild@sapo.pt or phone 289 366 071.

28 year old professional with Management degree, 5 languages, international experience in multinationals, training, solution selling. Looking for suitable employment opportunity and willing to relocate. Contact details: +351 964 846 160 or luigi_ness@yahoo.com

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WEB SALES

Vacancy in a Lagos office. Applicant must have own transport. Hours 11:00 to 19:00. Candidate will be responsible for answering diverted UK phone calls and finalise web design sales. A flair for marketing and telesales required to conclude sales. Basic web design understanding and computer skills a must. Basic salary: €500 p/m plus perks. Successful applicant to start a.s.a.p.

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For Sale

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An environmentally friendly world



With more talk about how our lifestyles are destroying the world, there's no-one affected more than our children. As new book *You Can Save The Planet* is published, we speak to the author about the ways kids can make their homes, schools and neighbourhoods more environmentally friendly.

Climate change and environmental damage will have an increasing effect on us as time goes by - and as children are the adults of tomorrow, they're the ones who'll be affected most.

For that reason, kids need to make being environmentally friendly a way of life, and that means a lot more than just putting recyclable rubbish in a green bin.

As well as recycling household waste, kids need to incorporate a myriad of green measures into their lives if they want to help save the planet - from recycling clothes and toys and looking at energy efficiency in their home, to putting pressure on their parents to go green too.

In fact, there's a world of ways to become an eco-warrior, and a new book is about to be published to help steer youngsters in the right direction.

You Can Save The Planet features 101 fun but practical ways

children can make a difference to the environment, and put gentle pressure on their parents to do the same.

The book was written by Jacquie Wines, who says: "Kids can put away the Gameboy for a bit and see how creative and inventive they can be just by reusing things. It's practical, easy ways that children can change their way of living, but it's fun at the same time."

Kids are encouraged to do things like copy out Washday Rules, such as washing clothes on a cooler wash if they're not really dirty, and sticking them up for the whole family to see.

Then there's advice on not picking wild plants, setting up a car pool for the school run, and even copying out a letter and sending it to the local supermarket asking it to reduce the number of plastic bags used there by starting to charge for bags.

Kids are also encouraged to persuade the family to do things like wear more layers instead of turning the heating up, and asking parents to drive slower to save fuel.

Also included in the book are less obvious green measures, such as giving deeds instead of bought gifts as presents. Wines says: "Kids can make a voucher to clean out their gran's cupboards, or something else she'll find useful, for her birthday."

"It not only saves on the packaging a bought gift would have been in, and the energy used to make it, but it saves the child money too. New things are nice, but they're not always necessary."

Ultimately, Wines believes families living greener lives is the only way forward, and children should do whatever they can to make a difference.

"If you start in a small way you can understand the bigger issues. If it's true that we've only got 10 years before it becomes too late to save the planet from global warming, it's very worrying and I don't think we have a choice but to act now."

"This is our kids' future, and we've got to get the message through to them." Lisa Salmon



Recycle newspapers together (PHOTO: Press Association)

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2. Make an effort to maintain your interests by getting your partner or family mem-

bers to look after baby while you go out.

3. Get baby to fit into your routine too - if you fancy a walk when he's due for a nap, put him in a sling or the buggy and take him with you.



(PHOTO: Press Association)

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Ask the expert

"My five-year-old has sweets most days, and now he's got toothache. How unusual is it for children to have tooth decay at this age, and does this mean I have to stop him eating sweets completely?"

Dr Gordon Watkins, spokesperson for the British Dental Association's health and science committee, says: "If you want your child to avoid tooth decay, it's really best to eliminate sweets and fizzy drinks from the diet altogether. You may be surprised to hear that going 'cold turkey' will probably be easier for your child than cutting back, as sweet foods are so addictive. However, don't get hung up about the state of your child's teeth or their diet. You can't undo the

damage done, but you can stop it from getting worse.

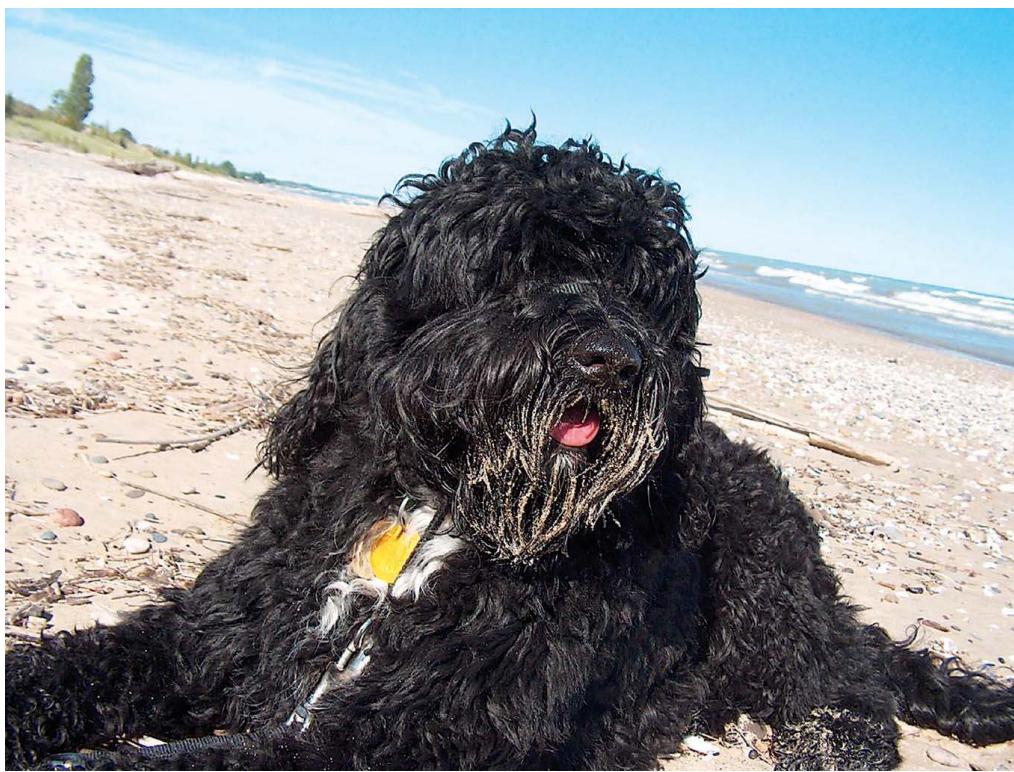
"As your child has toothache, it's best to take him to the dentist as soon as possible, and check with the dentist or hygienist that your child is cleaning their teeth properly with a fluoride toothpaste.

"Adopting good dental hygiene habits from an early age, along with a healthy diet, is the best way to ensure that your child avoids decay and remember, it's never too late to start."



(PHOTO: Press Association)

Water Trial Update



First I must say it was wonderful to see so many people and dogs on Sunday. Pity half of us did not realise there are actually TWO Marina's in Portimão, I suppose if we lived there we would have known! Sorry to folk who had the long walk - my Julie included.

However, it was a very enjoyable few hours. After the Beauty Contest we all went to

distract him he amazed me, Merlin certainly would have gone in the opposite direction I am sure. Annie was wonderful, did her swim, retrieve and half a dive. The star of the show has to be Izzy, she is the same age as Cleo. She was in the second class so first had to do a 2min swim, which in itself is an achievement; she did that, the retrieve and the dive and won



watch the Water Trials. My two were not entering this time, owing to lack of training and Cleo having her season. But Laura did very well. Little Leo, a mere tiny puppy, completed his swim after a false start. There was so much going on to

the group. Very well done to Izzy, and well done to Laura for swimming the course three times!!!

The next one is in Olhão on May 13th. This is a challenge for us all as there is also a big dog show that weekend and the Al-

garve Fayre—so we will all be split down the middle.

Thank you all for coming, it was fantastic to see another Old English Sheepdog there, and such a beautiful one it was good

for Chloe to see another like her, Chloe had less hair though!

Protect your pet with knowledge

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Plea to a caller

I had a call on Wed 17th April from a gentleman who regularly reads this page - please can you ring me again as your phone number did not register on my phone.
Many thanks.
Jan.

Neutering campaign!



Once again, a neutering campaign for street cats and dogs will be held between Monday 7th May and Friday 11th May at Quinta dos Ciprestes, Ferrel, Lagos (Jeff Allen's old veterinary clinic). Anyone that would like to have a street animal neutered during this week should call me on the number below to make a provisional booking. A nominal charge of 5 Euros per cat and 10 Euros per dog will be asked for to help cover costs.

As before, we are being kindly assisted in various ways during the week, by the same people that offered support in November for our last campaign that successfully neutered 157 cats and 10 dogs. Accommodation for the vets, from the UK, is being pro-

vided for by Owen and Val Window. A car is being given to them for a week, by Terry and Angela Murphy of 'World Rent'. The Clínica Veterinaria do Ferrel in Espiche is providing back up, with vets and nurses giving up their days off and various volunteers will be out 'in the field' trapping and transporting the cats to the clinic.

We do, however, still need trappers if anyone is adept at this! I am grateful to all the people that will be involved in this week and hope that it will be a success.

If anyone would like to offer support either physically or monetarily to cover costs of medication, etc then please contact me.

Thank you.
Michele 919 457 263

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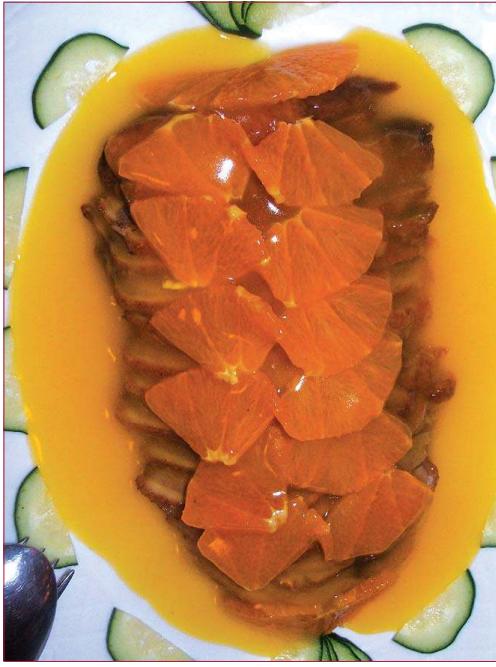
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An oriental treasure hidden in Almancil



There is Chinese food and then there is real Chinese food. And the latter is what you will find at the 'Shanghai' restaurant, in Almancil.



A newly opened restaurant in the traditional Algarvian village of Alte. Restaurant A Ponte invites residents and visitors to come and enjoy relaxed dining in unspoilt surroundings.

We offer:

- ◆ Large variety of dishes
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- ◆ Evening A La Carte menu
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Free glass of wine or equivalent for dining customers when presenting this ad.

preparing each dish is incredible, presentation is exceptional with beautifully creative, handmade garnishings, and the flavours are second to none.

Attentive members of staff are more than happy to take the time to provide you with any information you may need regarding the menu, and children and vegetarians are excellently accommodated, as are special needs or requests. Pictured here are just a few of the delights that the 'Shanghai' restaurant has to offer, indigenous alternatives and unusual takes on standard Chinese dishes.

For your starter, savour a selection of Chinese, deep-fried (yet completely grease-free) rolls and wraps, to be dipped in a tangy sweet and sour sauce. 'Spicy & Salty House Prawns' are another fantastic, light starter: fried in a crispy yet light ginger batter, surprisingly dry and crunchy and not at all oily. Scattered with freshly chopped chillies, pepper and coriander, the dish is so tasty and bursting with flavours it will even appeal to those who don't appreciate seafood.

Duck in orange is a succulent and fruity main course, made with a real orange-juice sauce, and the house-speciality roast beef is rich and meaty, deeply aromatic and highly flavoursome. Be amazed as sizzling prawns are burst from their foil bag at your table, or, if you are a seafood lover, opt for stir-fried prawns; you won't be disappointed. All prawn dishes are made with prawns of generous sizes and are ready-peeled, all you have to do is eat them!

After settling in the Algarve four years ago, Chef Weng, son Ming, and wife Ma opened the restaurant with their homeland culinary skills to offer the most fantastic Chinese food available.

As a family-run establishment the restaurant is welcoming and comfortable, decorated to a traditionally oriental style. Meals are like real home-cooked meals, using only wholesome, fresh ingredients and no artificial colourings, preservative or flavour enhancers whatsoever.

Throw away any mental images of greasy, gelatinous, sauce-soaked concoctions that tend to taste the same and prepare to experience Chinese cooking at its finest, enhanced with fresh herbs and authentic ingredients.

An impressively extensive menu comprises more than 120 dishes of pork, chicken, beef, fish and seafood, as well as a number of Shanghai specialities that you won't find elsewhere. The amount of work put into

alternatively, try the 'Chicken with fresh pineapple'. This dish looks and smells as good as it tastes. Slowly cooked to a melt-in-your-mouth stage, the chicken is coated with a rich, fruity sauce made from fresh pineapple and large fresh pineapple chunks; a welcome relief to the tinned fruit versions that are generally produced. Served in a real half pineapple-fruit, its presentation is the perfect way to round off an outstanding dish.



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Whilst dining at Restaurant Shanghai, be sure to try two other specialities: Vietnamese rice and Thai rice. Both laboriously prepared, the Vietnamese rice will certainly satisfy savoury lovers, whilst the sweet Thai rice, comprising fresh coconut and raisins, is definitely our favourite and highly recommendable for those with a sweet tooth.

Chef and owner Weng has worked in Chinese cuisine for more than 15 years. Besides



working in his homeland, Shanghai, he worked in Holland before moving to Portugal and taking over the restaurant with his family nearly four years ago.

Open every day, all year round, for lunch and evening meals, Chef Weng insists on using only the freshest, best quality ingredients, mostly bought locally, and is adamant that no canned products, colorants or preservatives should enter his recipes; just wholesome, filling, authentic, homemade food. The prices are remarkably affordable, and a take-away order service is available as well as set menus for two to eight people.

For more information, call (+351) 289 397 642. The 'Shanghai' restaurant is located on the Almancil - Quartiera road, open 12h00 - 15h30, and 18h00 - 23h30.

Fiodepesca Restaurant in Sagres can be found on the road that leads to the Pousada. Your host Paulo Neves says his chef is a specialist in international cuisine and they offer both a regional Portuguese and Mediterranean menu, described as, "special and different". There is also a separate children's choice of dishes. The interior decor was inspired by the School of Navigation at Sagres and is modern, bright and comfortable. The bar offers a chance to have a relaxed drink before your meal. During the summer months you can enjoy eating out on the terrace, which is close to the swimming pool and gardens. As their prices are very reasonable, not surprisingly reservations are recommended.

O Mandarin Not many restaurants in the Algarve can boast being established for 25 years, but this is one of the few that can. Located close to the marina in Lagos (take the 3rd turning off the roundabout, as you enter the city from Portimão, and the first turning left up the hill). Approached via an attractive entrance and driveway through gardens (with a swimming pool) the interior decor is modern Chinese with a restful and relaxing ambience. Hosts, Julie and Dennis serve authentic Chinese and Asian dishes from a selective menu, including several vegetarian dishes, offering very good value. Take-Away is available, as is a children's menu on request.

If YOUR restaurant is special and you want our readers to know about it, call **Bella** for all your marketing requirements on 914 393 736.

Restaurant guide

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O Mandarin

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Caícas, Albardeira, Lagos

Tel: 282 762 401 / 282 760

424

Vila Palmeira

Gourmet restaurant

Open: Restaurant - 19h to 24h

Bistro & Bar - 11h to 24h (Both closed Mondays)

The Karahi Indian Restaurant is tucked away in the small village of Vale Rabelho near Galé, which can be found by following the signs off the EN 125 at Guia. Your host Carlos Simão will be delighted to make the journey well worth while. Specializing in Tandoori, Karahi and Balti dishes they also offer to adapt a recipe to suit your individual requirements and have a wine list which includes not only a selection of Portugal's finest wines, but also from many other countries around the world. Dishes can even be home delivered. The restaurant is smart, airy and comfortable, with a small bar. Outside there is a terrace on which you can enjoy your meal during the warmer evenings and reservations are recommended.

Restaurante A Ponte is a newly opened restaurant in the traditional Algarvian village of Alte, where residents and visitors alike are invited to enjoy relaxed dining in unspoiled surroundings. They offer a very varied menu, including vegetarian dishes, snacks and a children's menu. You can also choose from a selection of freshly caught fish and an evening 'A La Carte' menu. The non-smoking dining room is air conditioned and has a family atmosphere to complement the children's play area. During the long summer months you can dine under the stars on their large terrace. Reservations are advised.

Tapas: a taste of sunshine

As promised in last week's issue here are two Tapas recipes taken from the cookbook '100 Great Tapas', by Pippa Cuthbert, published by Cassell Illustrated, priced £14.99/ €22.13.

Prawn Fritters

Ingredients (Makes 15)

1/2-1tsp chilli powder
100g chickpea flour, or gram flour (substitute potato, rice or plain flour if necessary)

60g plain flour
a generous pinch of salt
about 200ml cold water
400g raw, peeled prawns, roughly chopped
1 garlic clove, peeled and crushed

a small handful of fresh flat-leaved parsley, chopped
olive oil, for frying

lemon wedges, to serve

To prepare:

Put the chilli powder, chickpea or gram flour, the plain flour and salt in a large bowl. Slowly add the water, using just enough to make a pouring batter, ensuring all the flour is mixed in.

Gently stir in the prawns, garlic and parsley.

Heat about 1 tablespoon of olive oil in a large, non-stick frying pan. Fry large spoonfuls of the prawn batter in batches until cooked and golden brown on both sides - 3-4 minutes. Replenish the oil as necessary between batches. Drain on kitchen paper.

Serve warm with lemon wedges on the side.



Crispy Chorizo & New Potatoes

Ingredients (Serves 4-6)

500g new potatoes, scrubbed
3 (about 300g) cooking chorizo sausages chopped into 1cm slices
2 sprigs fresh rosemary, leaves chopped finely
2tbsp dry Madeira

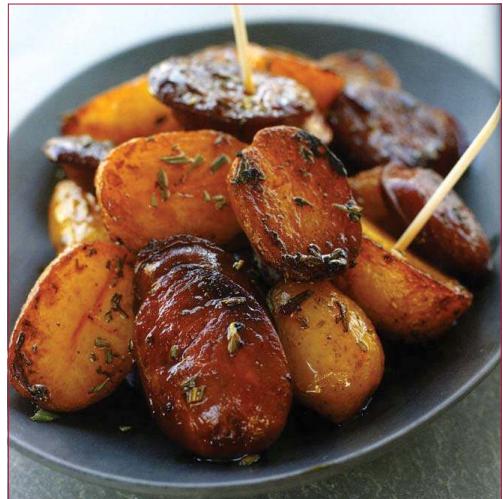
To prepare:

Boil the potatoes for 8-10 minutes, or until cooked but still firm. Remove from the heat and cool them under running cold water, then cut them in half lengthways on the diagonal and set aside.

Heat a large, non-stick frying pan to hot and cook the chorizo for 3 minutes, or until the oils are released. Add the potatoes and rosemary and cook, stirring frequently, over a high heat for a further 2-3 minutes, or until golden and crispy.

Reduce the heat and add the Madeira. Stir and leave to caramelise and brown for a further 2-3 minutes, stirring occasionally.

Serve warm with cocktail sticks, or as a salad.



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Can your love last the distance?

James Blunt and his model girlfriend Petra Nemcova have recently split up, blaming the fact they were based on different sides of the globe. With almost a million Brits in long distance relation-

ships, we ask the experts if it can ever work.

According to the age-old phrase, absence makes the heart grow fonder. That's got to be good news for the one million plus Brits

who are currently having a long distance relationship with a lover who lives abroad.

A recent survey by Orange Broadband reveals 18% of people in the UK have managed to sustain a long distance relationship where phone is the only form of contact, and it seems to be a growing trend to have an overseas partner.

Asif Aziz, director of product management at Orange Broadband, says: "The globalisation of dating has finally occurred. With cheap flights, cheap broadband and inclusive international calls, Britons can easily create a lasting relationship with somebody from a completely different continent, let alone country."

But is it really as easy as that to keep things going? Not always, it seems: singer James Blunt recently split from his supermodel girlfriend Petra Nemcova, blaming the time they were spending apart on different sides of the globe.

Distance is bound to put a strain on any romance, says Zelda West-Meads, the Mail On Sunday's relationships counsellor. "In my experience, for most people they are higher risk relationships, so there's more likelihood they will break down than if the couple did live nearer together."

Precious Potential

Of course, many people are happy and comfortable in long distance relationships - some even choose them because of the freedom they offer. They like the fact they're getting the benefits of a partner without being in a full

blown relationship, says Peta Heskell, relationship guide and founder of www.findtheloveyouwant.com

"They are creating a different type of relationship that suits them - it's nice to have this person to share things with, to go on holiday with or to go and visit for long periods of time," she says. "If their working life facilitates that, it's great."

However, problems may occur if you are trying to maintain a committed relationship but are choosing to live at other ends of the world. If you think your long distance man is 'The One', something has got to give - and it will probably go pear-shaped if the situation remains unchanged.

"What does make it work is if somewhere along the line you decide there is going to be some compromise - one of you is going to give up something for the sake of the relationship, to make it more than it is," Heskell says.

The key is to talk about these issues towards the beginning of the relationship, to make sure you have similar expectations. Be open in sharing with each other what's going on in your minds. You can't plan everything, but sometimes you need to consider the potential of the bond you share, so you can plan towards something more permanent.

The Green-eyed Monster

If you are living miles away from your partner, it is vital that you both trust each other.

"It's quite natural to feel your partner is going to be tempted if they go to a party, have a little too

much to drink and there are people that are very available," West-Meads reasons. "You need to know in those circumstances that they can be trusted."

If your lover has been unfaithful in the past you are likely to feel particularly vulnerable when you are separated from each other. Whatever the circumstance, there needs to be a lot of reassurances from both sides that there is no need to be consumed by the green-eyed monster.

"Jealousy is something that is instinctive in all of us," Heskell says. "But there's a point where we need to recognise that it's not tenable - it's going to destroy, not sustain the relationship."

It is particularly important for whichever partner is away to accept that their lover at home may feel in the dark about their life. Make a special effort to make them feel connected to what's going on in your world by telling them about the people you are working and socialising with so they don't feel threatened when you mention them.

Making It Work

Keep each other in touch with the day-to-day stuff - the big things and the little things. That way, you will feel part of each other's lives and emotionally intimate. Be descriptive on the phone or by email to make your partner feel as if he is with you.

Write long letters to each other. If it's a new relationship you can find out lots about each other this way; if it's a long-standing romance it's a nice surprise and can really add something new. But remember to be careful with writing - things can get distorted.

Make sure you reassure each other on a constant basis that you

are both loved, missed and wanted.

Include some romantic content in phone calls and emails so you both feel romantically attached and sexually missed. Tease your man a bit, but remember there is a limit - go beyond it, and the lack of actual physical contact may prove a challenge.

Decide what you want to do about sex. Women can usually go longer without than men, so factor his needs into your thinking. You could go down the route of phone sex, or Heskell suggests it would be a good idea to learn the art of tantra.

Long-term long distance?

Obviously, there are advantages to long distance relationships. For example, there aren't many couples who live together who can honestly say they spend two hours a day completely devoted to talking to their partner, while overseas lovers spend endless hours chatting together on the phone.

You also don't have to cope with the interfering in-laws so much, and then there's the excitement you get seeing your man again - it's almost like a new love feeling all over again. Don't idealise the situation though, because saying goodbye again can be extremely difficult.

So are there enough plus points to make these romances work?

"I think long distance relationships can work in the short term," West-Meads says. "But if we're talking year in, year out, the tendency is that you build up very separate and different lives, and the chance then of that relationship surviving is greatly reduced."

"In the main, it's a short term option." *Gemma Quade*



Obviously, there are advantages to long distance relationships. For example, there aren't many couples who live together who can honestly say they spend two hours a day completely devoted to talking to their partner, while overseas lovers spend endless hours chatting together on the phone. (Photo: Press Association)

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Second International World Rhythmic Gymnastics tournament comes to Portimão



Following the success of last year's first ever International World Rhythmic Gymnastics championships, which were held in and indeed inaugurated Portimão's brand-new arena, the city will once again host the acclaimed event this coming weekend of April 26th–29th.

This year's event promises to be bigger and better than its predecessor, and will unite world champions from numerous different categories, from some 46

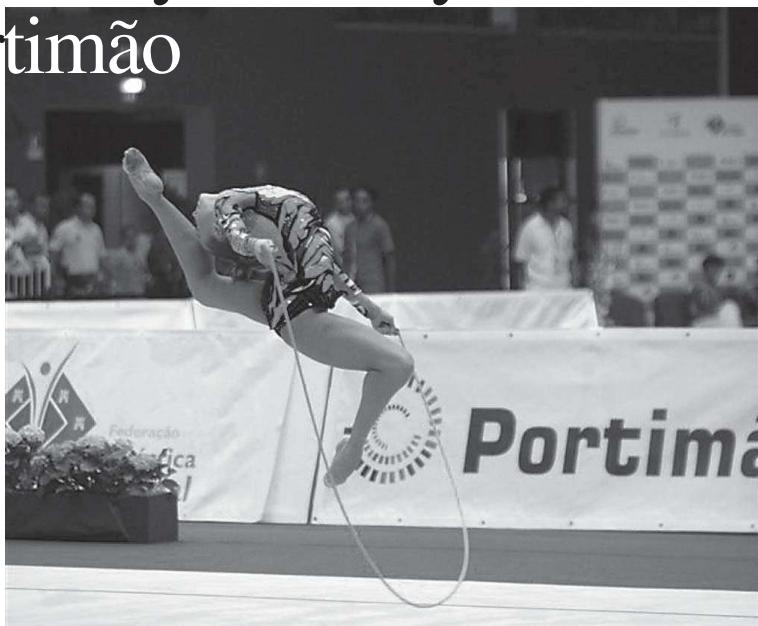
countries.

Altogether, 590 participants are expected to make their way to Portimão, figures that will only be revealed by the next set of

upcoming World Championships, to be held this year in Greece.

Some of international gymnastics' biggest names will compete in Portimão to qualify for their place on the International Gymnastic Federation's ranking, which will subsequently secure their participation in the 2009 Gymnastics World Cup and €20,000 in cash prizes.

These names include Olga Kapranova (World Champion – Baku 2005); Alina Kabaeva (Vice-European Champion – Moscow 2006 and Olympic Champion – Athens 2004); and Natália Godunko (5th classified in the European Championships – Moscow 2006).



Algarve Ladies Lunch



The second 'Algarve Ladies Lunch' took place at the Hotel Garbe in Armação de Pêra on Tuesday, 17th April. Almost 90 ladies from five different clubs participated.

Helen Denman, President of the Eastern Ladies Lunch group, opened the proceedings, welcoming the ladies of five clubs to the lunch.

Helen, together with Maureen Yould, President of the Western Algarve Ladies Lunch Group - organised the first 'Algarve Ladies Lunch'. The ladies enjoyed a three course buffet lunch and the opportunity to meet old and make new friends.

After lunch, each of the Presidents spoke for a few minutes about their club.

Doreen Sell, from the Hill Billy Ladies confirmed that, in addition to lunches, the group had also organised boat trips, Easter bonnet competitions and

cookery demonstrations.

From the Western Algarve Ladies, Jill Pearce said that the group started in 1992 and held monthly lunches with speakers, also that they organised Autumn coach holidays for their members.

Margaret Gobby spoke about the 'youngest' club - the Lunch Bunch - just two years old.

The ladies then heard from Pauline Thurman whose group of Probus Ladies from Oxford were enjoying a week's holiday at the Hotel Garbe. Probus is a club for retired or semi-retired business people. Helen Denman spoke about the Eastern Ladies Group which was the founding luncheon club in the Algarve way back in 1990.

Susan Bancroft

04/01/1947 - 21/04/2007

Susan passed away in Portimão hospital at 2.15 am on April 21st. She leaves behind her children Craig, Claire and Howard, three grandchildren, sister Shirley and brother Brian. A service will be held at Home, Est

Nac 125, 8400 Lagoa, at 13.00 on Friday 27th April. The family requests that no flowers be brought, but that donations be made to the Lagoa Bombeiros instead, who will be present at the memorial service.

Monthly Healing EUCHARIST

the next service will be at 6pm on Sunday May 27th at Convento S. José, Lagoa. Regrettably, there will not be a service in April

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Castelo de Sonhos Shop opens in Silves



One of the many dreams of Liliana Rodrigues, the dynamic ball of energy behind the charity Castelo de Sonhos (Castle of Dreams), has been to open a shop to help raise funds for the many daily expenses the charity faces. At last this dream has come true.

Tuesday 16th April saw a delighted Liliana and her volunteers open the door to the new premises in Silves.

The shop, selling items of nearly new clothes, quality furniture and bric-a-brac, is quite separate from existing premises where clothes and furniture are given free to families in need. It is a fervent hope that people will continue to give household items, furniture, toys and linen to the charity so that they may be given to the many families, single parents and elderly who are in need. Selected items only will be placed in the shop to raise funds.

Spring is the time to sort out your wardrobe and renew your furnishings. Beds, tables and chairs - baby and baby equipment, children's and adult clothes are always desperately needed, so are toys and if your pantry is full of canned foods you will never use then please remember all those who will make great use of them. Don't forget to sort out your unwanted books, there is a book-shelf just waiting for them in the new shop in different languages.

To find the shop locate the main market in Silves and walk up the street on the western exit which is called Rua Francisco Pablos - pass the pedestrian street and you will see the shop on the left. The door number is lucky 13.

To make arrangements to have large items collected ring Liliana on 963 452 479.

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Please don't forget the Castelo de Sonhos - they help so many people to help themselves and they can't do their work without you.

Jenny Grainer



Castelo de Sonhos can be supported by making a purchase at this shop in Silves, or by making a donation.

WEB

Web (INTERNET) noun [S]

the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:

(From Cambridge Advanced Learner's Dictionary)

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62 **travel**
Of Corsica!

The Portugal News • 28 Apr 2007

There's plenty to see in sun-kissed Corsica ... he was bronzed, oiled and glistening in the sun, his nut-brown tan contrasting perfectly with the white sand and blue sea. But he was also 65 if he was a day - and stark naked.



Definitely not the kind of scenic attraction I was planning on my long-awaited summer holiday in Corsica!

Travel guides to this island outpost of France often wax lyrical about Corsica's rugged landscape and unspoiled beauty, but they neglect to mention that its beaches seem to be a magnet for elderly naturists. Luckily, the rest of the scenery is distracting enough to make up for the occasional bare-bottomed sunseeker.

Perhaps that's why he felt the need to strut up and down the unspoilt strip of beach at Lozari - some people will do anything for attention. Personally, I was more than happy to lie on a rug, book in one hand, baguette in the other, snoozing in the sun.

Corsica, which lies off the coast of Italy, is every bit as stunning as the guidebooks say. It would take a very jaded and jetlagged traveller not to be instantly wowed by the jagged granite cliffs surrounding the airport at Calvi, our arrival point.

As if the natural landscape wasn't impressive enough, this pretty Riviera-style town is dominated by a 15th century citadel, the legacy of its one-time

Genoese rulers.

As tempting as it was to park ourselves on a cafe terrace by the marina, our home for the week was La Vieille Maison, an 18th-century house built into a rocky hillside in the medieval village of Lama, about 45 minutes drive away.

From its perch in the hills, some 600 metres above sea level, Lama commands sweeping views of the Ostriconi valley. While the village dates back to Roman times, Lama found its vocation in the 17th century, thanks to its olive groves.

Their precious oil brought



wealth and prosperity to the village, signs of which are still evident in many of the grand 18th century mansions clinging to its steep streets.

While the village lost many men to the first and second world wars, the ultimate blow to its survival was struck in August 1971, when a massive blaze roared up the Ostriconi valley, destroying more than 35,000 olive trees.

It looked like Lama was doomed, until a forward-thinking group of locals, led by the local mayor, tuned in to the possibilities for tourism in the late 1980s.

Lama is now recognised as one of France's 'villages fleuris' or 'blooming villages'. It boasts a swimming pool and tennis courts, and hosts an open-air film festi-

val each August.

While the population swells in the hot summer months, in mid-September we were practically the only foreigners in the village. The rest of the 120-strong local population - largely cigar-smoking men and apron-wearing women - looked like they'd stepped straight out of a postcard.

One afternoon we arrived back in the village to find an elderly band of petanque players had commandeered the church carpark.

They paid us no heed, but the local dogs were quite happy to be our new best friends, welcoming us back from each jaunt with madly wagging tails.

Most mornings I joined a little knot of locals at the mobile

boulangerie - a little van that parked itself conveniently outside our door.

Other mobile 'marchands' visit the village in high season, but we garnered most of our supplies from a well-stocked supermarket in the small settlement of Ponte Leccia, about 10 minutes' drive away. There are also plenty of handmade signs on the road pointing to farm shops selling fresh produce, local honey, jam and cured meats.

Lama also boasts the gorgeous Campo Latinu - a belt-busting good restaurant arranged over a series of stone terraces overlooking the village.

Campo Latinu is apparently favoured by the French glitterati over the summer months but I

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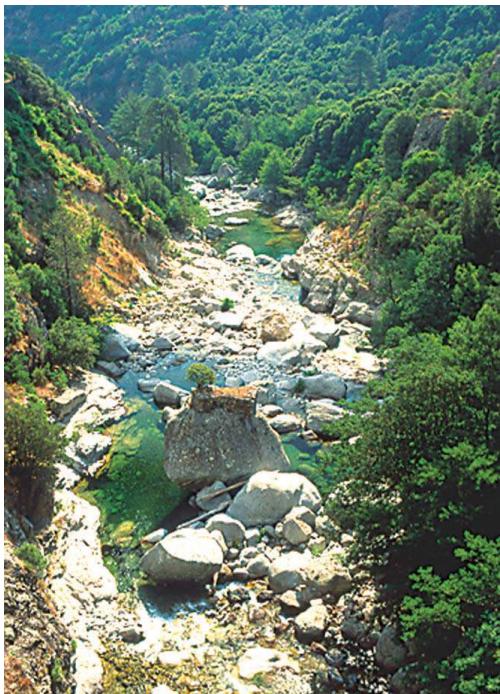
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think early autumn is the perfect season to feast on Corsican specialities like Stufatu de veau - a rich stew of free-range veal and the famous local sanglier (wild boar).

Make sure you spend at least one evening watching the sunset while drinking an excellent Corsican beer, made from chestnut flour, or a glass of the local muscat.

Keen walkers might like to try the network of tracks leading further into the hills, but it should be noted that these should not be attempted without a decent map.

a compass, and adequate provisions. At least, that was our excuse - and that we'd eaten too much to move very far.

If you want to explore further afield, Lama is also ideally located for other excursions in north-western Corsica - the university town of Corte, the buzzing seaside resort of Ile Rousse and picture-perfect St-Florent, which our landlady described as "un p'tit St Troc".

While some of the camping grounds and mini-resorts we passed boasted open-air discos and other amusements, don't go to Corsica expecting a French Ibiza or Benidorm. The beaches are sparsely populated and clean, and bargain-holiday boozers are mercifully absent.

More active types might like to try horse-riding or a variety of watersports, but we found just venturing out on the roads was enough to get the adrenalin pumping.

At the risk of making a sweeping cultural generalisation, Corsicans drive like maniacs. Seriously. If there's a hairpin bend or a blind corner, they'll think of it as the perfect moment to pull some kind of crazy driving manoeuvre.

After a couple of days we learned to anticipate random passing from death-wish drivers, but at first I spent most of my time in the passenger seat with my eyes tightly shut against the oncoming traffic.

The day we left Lama for Calvi and our flight back to London, however, I pressed my face against the window in a bid to

soak up every last bit of the passing landscape. We wound the windows down to inhale the sweet, herby scents of the maquis-covered hills and the salty sea air.

Nelson apparently said that he 'never wanted to see Calvi again' after a siege in 1794. He must have been mad - I can't wait for my next visit.

TRAVEL FACTS

Lucy Corry's holiday was arranged by Direct Corsica, an online operator that offers a wide range of apartments, villas and hotels for rent all over the island. For more information visit www.directcorsica.com

She stayed at La Vieille Maison, a two-bedroomed apartment in the village of Lama. The apartment costs €340 a week

before May 27, or €835 in high season (July 15 - August 25).

Flights to Corsica are as follows: Bastia from Gatwick (British Airways), East Midlands (British Midlands), Birmingham (Flybe) and Bristol (St Brussels Airlines). Flights to Calvi are available from Gatwick, Manchester and Stansted with Astraeus. All flights can be booked via directcorsica.com.

Her rental car was provided by Avis, which offers cars in summer 2007 on Corsica from €310 per week. Contact directcorsica.com for more information or try Avis reservations: 00 44 (0)208 268 5482 and www.avis.co.uk.

The Rough Guide To Corsica [Rough Guides, £11.99/€17.69] proved particularly useful.

Lucy Corry



Online ticket reservations

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Ronaldo is the best in Britain



Manchester United's Cristiano has been elected the Player of the Year and the Young Player of the Year by the English Professional Footballers Association.



Portuguese Cristiano Ronaldo (C) of Manchester United vies with Italian Gennaro Ivan Gattuso (L) and Massimo Oddo of AC Milan during their Champions League first round semifinal match in Manchester's Old Trafford stadium on 24 April. Manchester United won 3-2. (PHOTO: LUSA/EPA/DANIEL DAL ZENNARO)

The 22-year old Portuguese international winger, in scooping both awards has become the first

player to do so since 1977, when Andy Gray was given both these awards by his peers.

Only a few months ago, Cristiano Ronaldo was seriously considering leaving Manchester United for Spain in order to avoid a backlash from English football supporters for suggestively approaching the referee after Wayne Rooney had stood on Ricardo Carvalho's groin during Portugal's World Cup quarter-final victory against England.

The Portuguese player, who has scored 17 goals in all competitions for Manchester United this

season, including one in Tuesday night's Champions League semi-final against AC Milan, is also vying for the world's best player award, with Brazil's Káká his only notable rival.

Manchester United manager Alex Ferguson, who paid almost €20million when Ronaldo moved to Old Trafford from Sporting said: "At this moment in time, I think he is the best player in the world and his season has been incredible".

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Olympic Class World Sailing Championships to be held in Cascais



Cascais Mayor António Capucho this week revealed plans to host the Olympic Class World Sailing Championships in Cascais and called upon local shop-owners and vendors to offer their full collaboration.

After revealing the presentation to Cascais' merchants, the Mayor urged them to offer their "best service possible, like keeping establishments open during weekends and at night", to serve the 1,700 athletes, trainers and international journalists that will be temporarily posted in the municipality.

Mayor Capucho also used the public presentation to explain how the event would be run, covering topics including traffic and public transport.

However, the Mayor's main concern is the event's media coverage.

News in brief

Officer shoots himself in car chase

A Paredes GNR officer has accidentally shot himself in the foot when he drew his weapon to fire shots at a driver who had evaded a roadblock near Paços de Ferreira in northern Portugal. The officer is said to be recovering well.

Madeira chief says PM's problems 'divine chastisement'

Madeira governor Alberto João Jardim has said that doubts raised the past few weeks over José Sócrates' university degrees, is God's way of punishing the Prime Minister for, "the evil he has done to Madeira and to Portugal".

Tests - 40,000 animals used each year in Portugal

Official figures published this week indicate that around 40,000 animals are used by laboratories in testing each year. However, ANIMAL rights group claim that thousands of other animals could be used without the knowledge of authorities.

Croatia recalls ambassador after fight

The Croatian government has recalled its ambassador to Portugal after Mr Zelimir Brale was involved in a brawl with a Croat security officer at the Lisbon Embassy on March 25th.

External debt rises

Portugal's foreign debt is rising at a rapid rate, figures show. At the end of last year, the country's external debt was the equivalent to 80 percent of the GDP.

Counterfeiting costing €180m

According to the Union of Brands, the sale of counterfeit clothing in Portugal costs the country around 180 million Euros in lost fiscal revenue.

EU opens Moldova Common Visa Application Centre

The first Common Visa Application Centre in the history of the EU visa policy, was opened this week in Chisinau, Moldova. This Common Centre will facilitate the issuing of visas for Moldovan citizens to enter the EU.

Millennium to sack 3,000

Portugal's largest private bank, Millennium bcp, has confirmed that it will sack around three thousand workers should its takeover bid of rival BPI be successful. Chairman Teixeira Pinto also confirmed that his bank would close down around 220 branches should BPI fall under Millennium bcp's umbrella.

Diesel consumption doubles

A study by Marktest published on Wednesday shows that the number of people who use diesel-driven cars in Portugal has more than doubled in ten years, growing from a share of 21.1 percent in 1996 to 43.1 percent last year.

Lusophone meet on new telecom and postal trends

Representatives of the Lusophone bloc's telecommunications companies and postal services begin a three-day meeting in the Mozambican capital on Tuesday to discuss "new tendencies" in their sector. The Lisbon-headquartered CPLP binds Portugal and Brazil to Lisbon's five former African territories and East Timor.

Policeman detained on theft charges

A police officer working for the Queluz traffic department has been detained on suspicion of belonging to a gang that stole from ATMs and for forging credit cards. The remaining members of the group are said to be Italian nationals. The officer has been with the police force since 2002.

Algarve woman celebrates 105 years

Ermelinda Guerreiro was surrounded by dozens of family members and friends as she celebrated her 105th birthday in Castro Marim on Wednesday.

Barroso calls EU summit in Sintra

EC president Durão Barroso said this week he has invited other EU leaders to Portugal next month for 'closed-door' talks in an attempt to find a way around passing the embattled EU Constitution. The meeting will take place on May 12 and 13 in Sintra at a location which is set to remain undisclosed until the very last minute.

Oeiras Mayor stays on

Oeiras Mayor Isaltino Morais has said he will not stand down despite pressure from opposition parties to do so after he was formally charged by prosecutors, who suspect he committed the crimes of passive corruption, money laundering, abuse of power and fiscal fraud.

Inflation at 2.3 percent

National Statistics have revealed that the inflation rate in March was 2.3 percent, down one decimal point from the figure recorded in the previous month of February. The increase of 2.3 percent was attributed to costlier clothing and footwear coupled with more expensive transport costs.

SUPERLEAGUE FIXTURES DAY 27

MATCH	DATE	TIME	TV
P. Ferreira-Leiria	Friday	20h30	SportTV1
Belenenses-Beira-Mar	Saturday	18h00	SportTV1
Boavista-FC Porto	Saturday	21h15	TVI
Nacional-Amadora	Sunday	16h00	
Setúbal-Marítimo	Sunday	19h15	
Naval-Aves	Sunday	16h00	
Benfica-Sporting	Sunday	19h30	SportTV1
Académica-Braga	Monday	19h45	SportTV1